



Girl version: English

This is a product of IndiaBioscience 2nd outreach grant.

The Project RAKSHA story series is available in Hindi and Indian English. Empty templates without text are also available for printing and translation of material but for personal use only and can not be sold.

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[from left Ms. Mansi Karnad, Mr. Pradyumna Murali (Co-Lead), Dr. Reuben Varghese (Lead Investigator), Dr. Jayashree Shanbal, Ms. Hema Nair, Ms. Ridha Fameen]

Who are we?

We are a group of budding Speech-Language Pathologists with a keen interest in Autism Spectrum Disorders (ASD) at the All India Institute of Speech and Hearing. “Project RAKSHA” – Reach and Advocacy for Autistic Kids’ Sexual Health and Safety Attitudes is a project under the 2nd IndiaBioscience Outreach Grant funded by the IndiaBioscience Organisation.

Our Aim:

Through Project RAKSHA, we aim to create accessible, science-based intervention resources to help children navigate sexual health knowledge and develop positive safety attitudes. The resources are culturally sensitive and suitable for vulnerable groups, such as children with ASD. This material is available in Hindi and Indian English. Graphical templates without text are also available for printing. Children and adolescents with ASD above the age of six and parents, educators, and developmental interventionists will benefit from the material. We hope your educators, students, clinicians, and developmental interventionists fully use these resources while working with children with disabilities.

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THE PROJECT RAKSHA STORY SERIES

Theme 1	Safe circle, Private body parts, Public and private places, and Personal belongings.
Theme 2	Rules about touching yourself.
Theme 3	Rules about touching others.
Theme 4	Being naked: Where and Around whom?
Theme 5	Consent: Saying “NO”
Theme 6	Seeking support: Asking for help.
Theme 7	Seeking support: Expressing feelings and needs.
Theme 8	Pubertal changes: Changing bodies and needs.
Theme 9	Menstruation and related care.
Theme 10	Reproduction: Where do babies come from?

General instructions:

Children are very curious beings. You might be getting your grocery shopping done when they ask you “What does sex mean?”. You are suddenly floundering, not knowing what to say. Sexual health is considered a taboo in our society but encouraging such discussions with children can help shape their knowledge in a safe and accurate manner.

Through Project RAKSHA we have developed resources that act as a guide to introduce a variety of topics related to sexual health and safety attitudes in an interesting and effective way. You will have access to multiple stories across ten central themes. Each story is written through the lenses of 2 children named Adi (male) and Tia (female). These resources are available in Hindi and Indian English.

This material can be used with children with a developmental age above 4 - 6 years. It was designed while considering the needs of children with neurodiversities such as autism. The themes 8-10 can be introduced at around 11 years of age and thereafter.

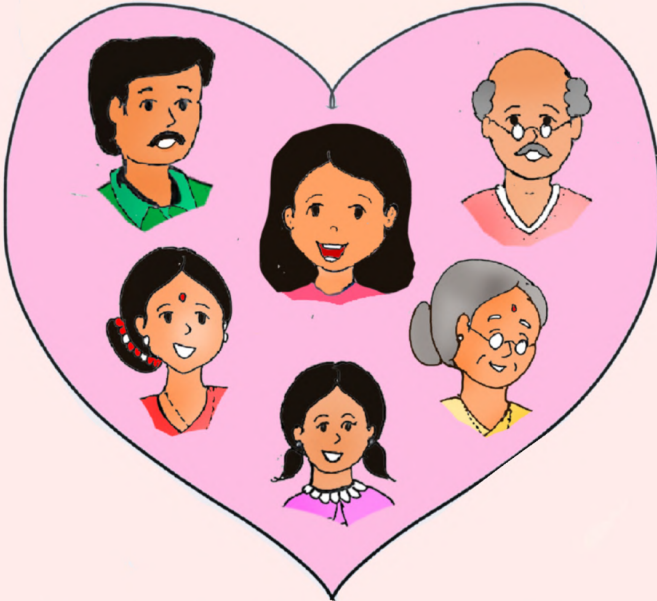
We chose to present the information in a story format as it allows you to decide the pace, makes it accessible across platforms, and reaches a wider audience. The illustrations attract children and help them visualize important concepts. Reading time can be a memorable experience for your child when it is interactive compared to a more narrative approach.

In our stories we have used terms related to body parts/events as is. Doing so reduces the stigma associated with it as the child learns that each of them have multiple functions.

Here are a few instructions that will aid you in utilizing this resource in a more effective way:

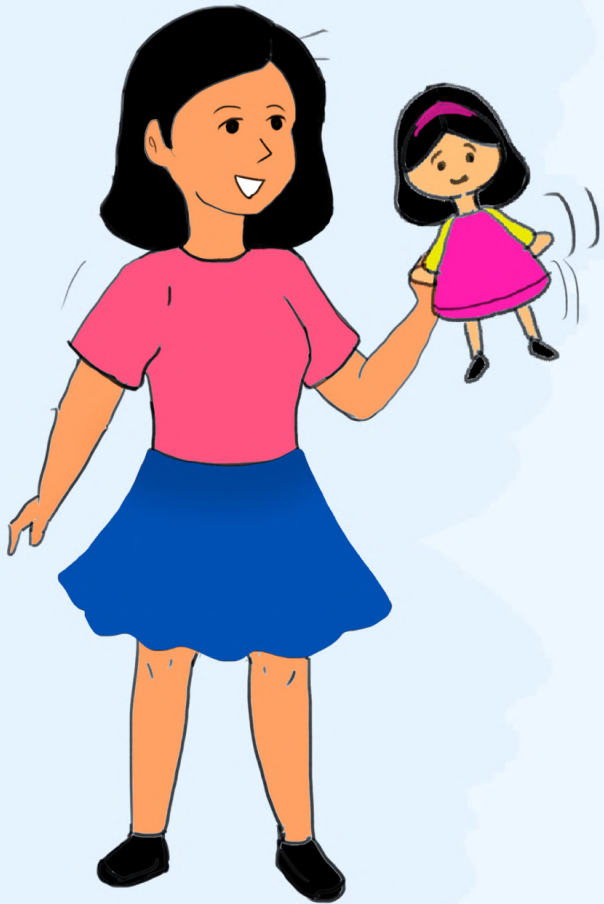
- We repeat: Be as interactive as possible! Use the storyline only as a guide to engage with your child, pausing at different junctures to expand on the content that is presented on a page.
- Share relevant events or characters from the child's life to customize the story further. You can also remind them of a story when they face similar situations in their life.
- These resources have specific points where Adi/Tia break the 4th wall and ask questions to the child reading them. Encourage your child to engage and answer those questions.
- You can use them as an e-book online or print them out in the form of a flipbook.
- Draw on specific parts/ fill in the blanks (as they appear in an illustration) to make it hands-on.
- Take as much time as you want on each story/theme. Your child decides the pace.
- Before using the material with your child, read up on any terms or topics that you are unfamiliar with. You will need to read through the topics before utilising it with your young one as a result. Despite this, there is no harm in helping your child learn by doing activities that encourage the learning of relevant concepts or by looking up terms with them.
- The vocabulary used in the text has the potential to be perceived as too complex for young children. In accordance with their child's comprehension level, parents are expected to explain these terminologies (DO NOT avoid/change the terms) and simplify the concepts.
- Introduce key phrases that are relevant to newly learned concepts and meaningfully utilise these phrases in daily context to demonstrate or promote safety attitudes.
- Each story/theme can and must be revisited multiple times. Repetition is key!
- Even as you progress through the themes, we encourage you to come back to a previous story to solidify their knowledge.
- If you are following Adi's journey, you can read relevant parts of Tia's story to understand the content from a different point of view and vice versa. Doing this will help children appreciate the differences in body types.

If you are a parent, contact your therapist or educator for detailed instructions regarding the content of the material. You can also contact Team RAKSHA at projectrakshaforsd@gmail.com.

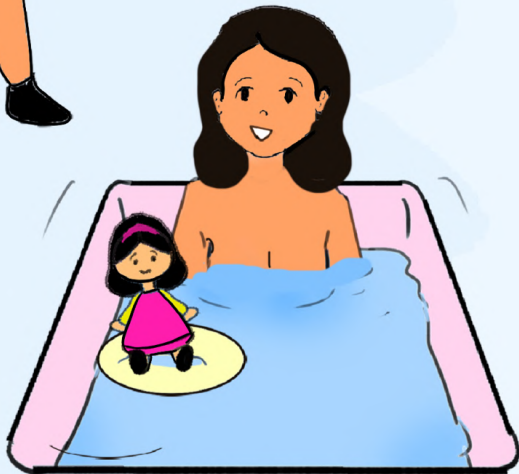
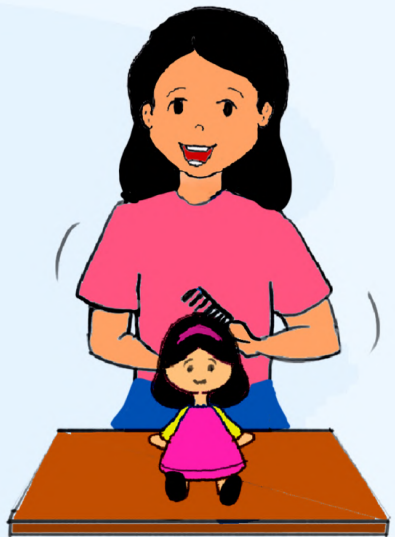


**Safe circle, Private body parts,
Public and private places, and
Personal belongings**
Girl version

Safe circle



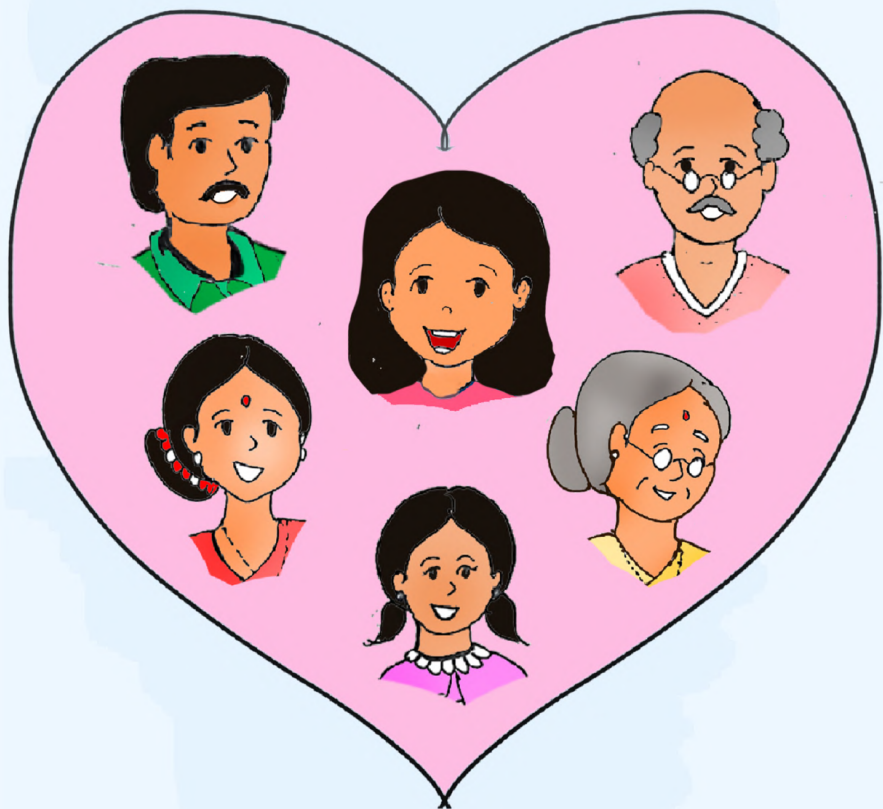
**Hello friend, I am Tia.
This is my favorite doll.**



I hold it tight when I walk around.
I give it a bath and comb its hair to keep
it clean.



**I keep my doll safe because I love it.
What is your most favorite thing?**



My dad, mum, grandpa, and grandma are people who love me. They take care of me and keep me safe.

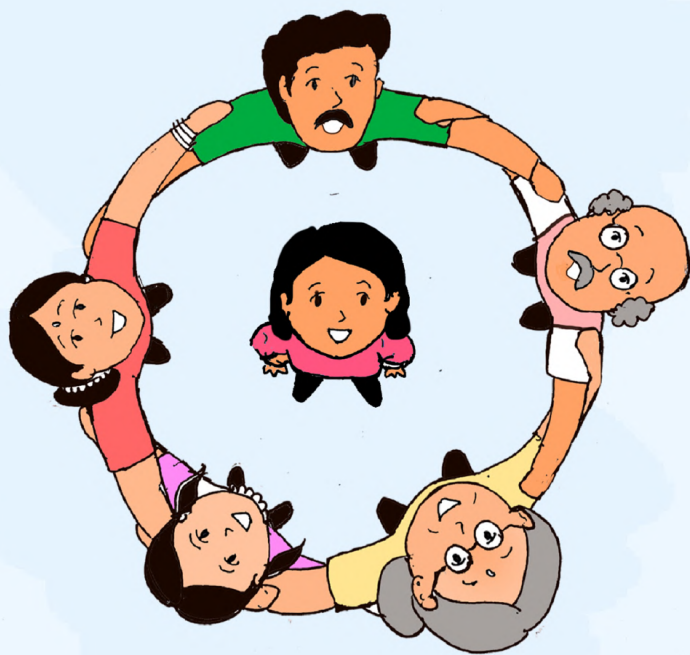
We are going to
make your
favorite biscuits.



Mum and Dad bake me my favourite biscuits.



**They hold my hand when we are outside.
And cuddle with me when I am scared.**



**They are my safe circle.
Who is in your safe circle?**

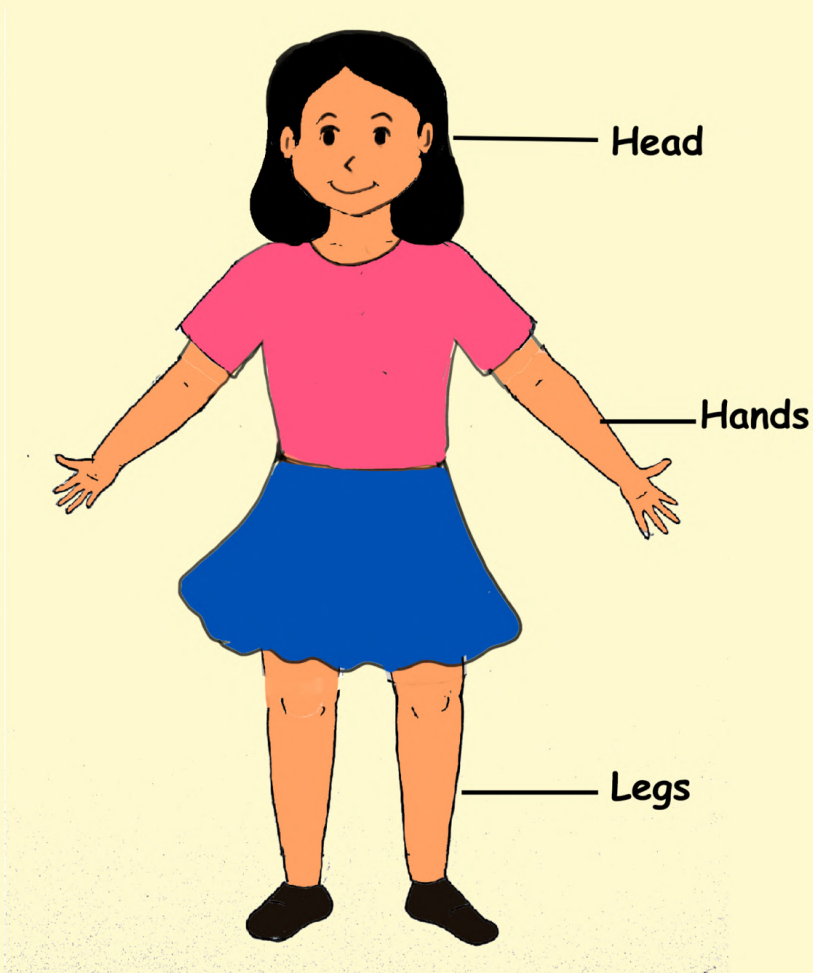
Private body parts



Hello friend, I am Tia.
This is my bicycle.



I love to ride my bicycle.
It has big wheels, strong handles
and other parts too.
I keep it clean by washing it every week.



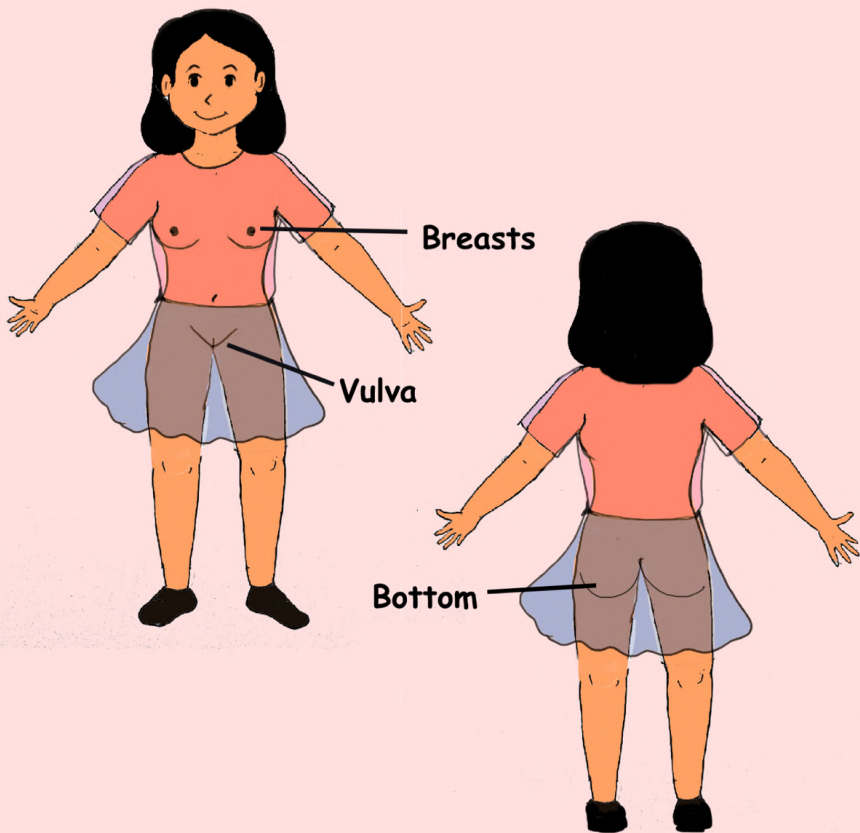
**This is my body. It has many parts too!
You can see some parts like my head,
hands, and legs.
What are some other parts you can see?**



I use these parts to clap, spin, jump and do so many other things.

My brother and I sometimes link our arms while dancing.

I like dancing with him.



But there are some parts that only I can see or touch. They are called private parts. I have 3 of them: Breasts, vulva and bottom.

My private parts are covered by my underwear. They belong only to me.



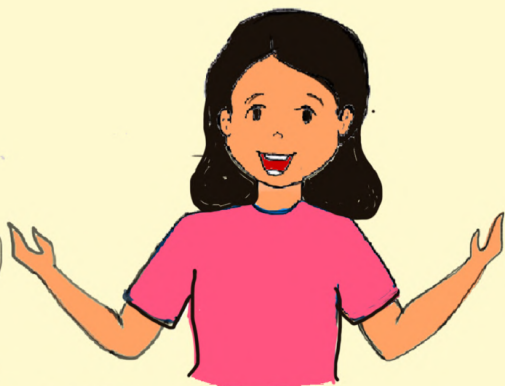
My private parts are exposed when I pee and poop. I always keep them clean by washing them.



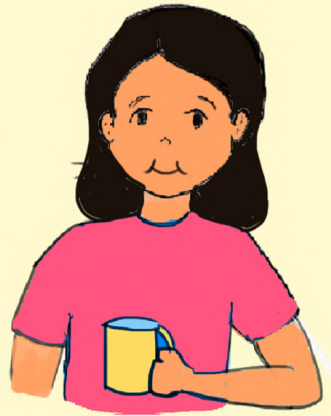
When I need help to change clothes, use the toilet, or take a bath, it is okay for people in my safe circle to see or touch my private parts.

Mum and dad help me.

Who helps you with these private activities?



Another private part I learnt about is my mouth. I use my mouth to eat, speak and kiss my loved ones.



I keep my mouth clean by brushing my teeth and gargling regularly. I am very careful of what goes in my mouth.



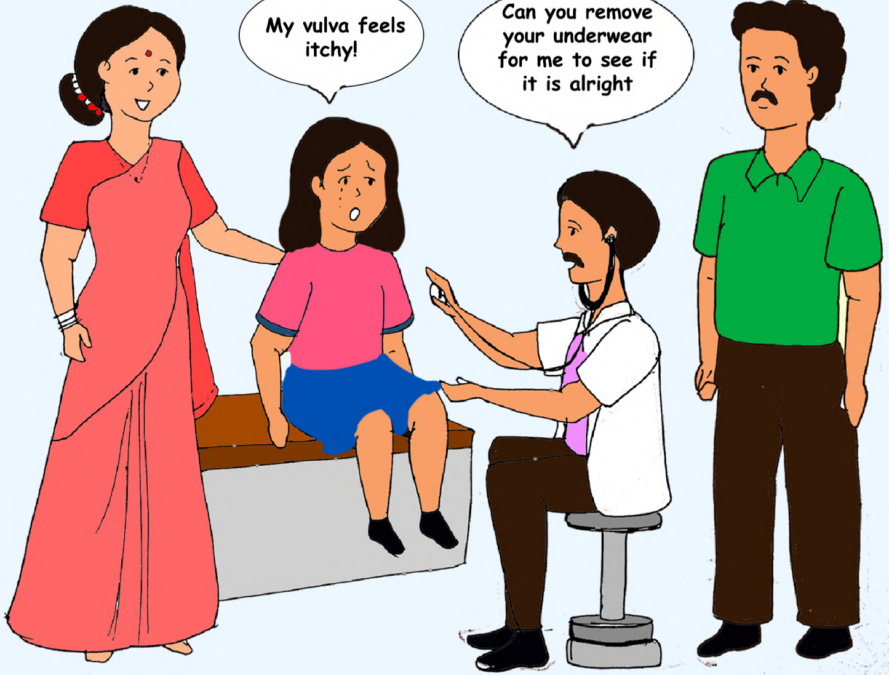
I don't kiss, touch others on the lips, or feed anybody without their permission. These are private activities too.

I can say "No, thank you!" when I don't want to be kissed, touched or fed.

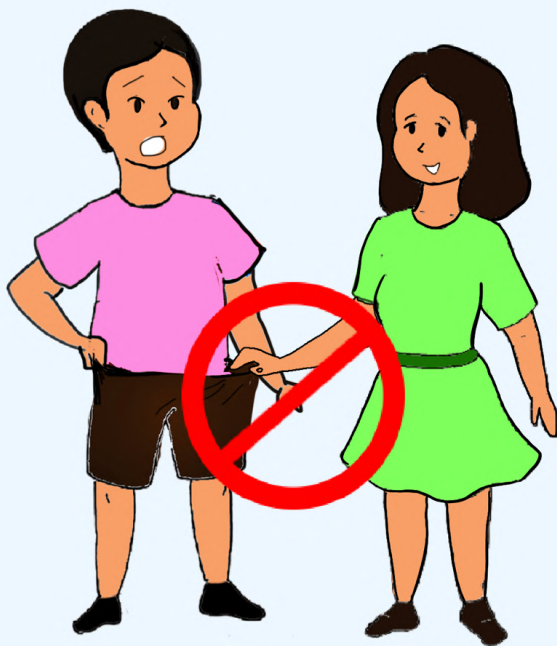
I am going to be right here if you need help, Tia

My vulva feels itchy!

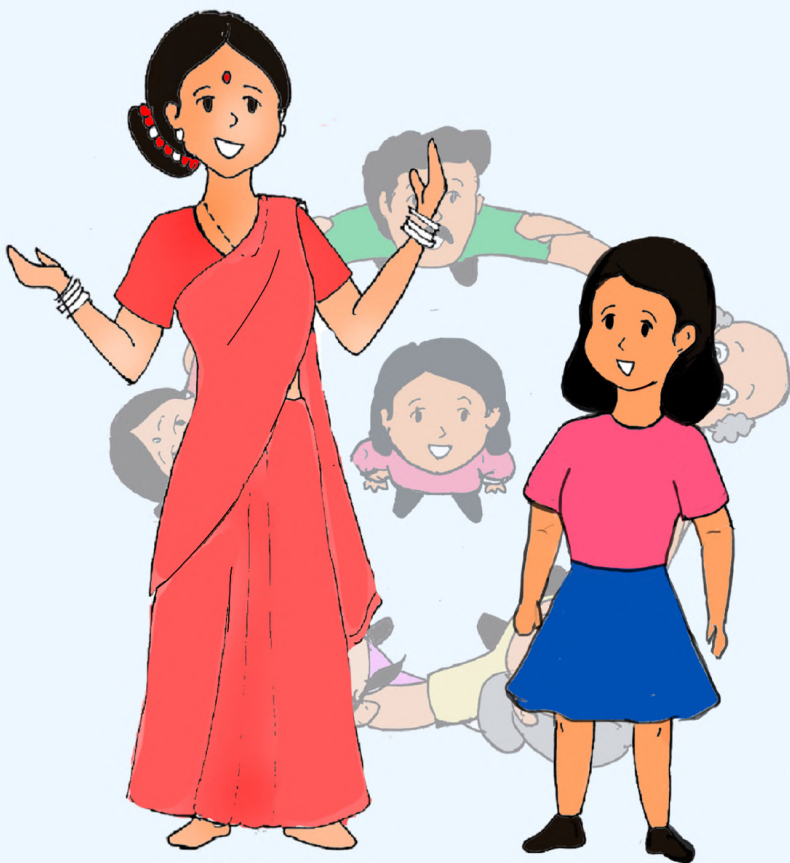
Can you remove your underwear for me to see if it is alright



Sometimes a doctor might ask to see or touch my private parts, to check if they are healthy. It is okay to show the doctor if my safe circle is also there in the room.



Everybody has private parts, adults too.
I do not ask to see or touch other people's
private parts.
It belongs to them and only they can see or
touch them.



Whenever I have questions about my private parts, I talk to people in my safe circle about it. They help me understand better.

Public and private places



Hello friend, I am Tia.

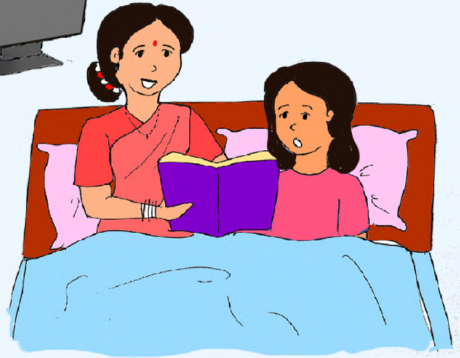
I like spending time at home with my family.

I share my house with my family.

I do many activities with my family at home.



**I watch TV in
the living room.**



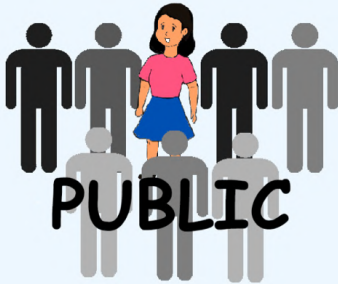
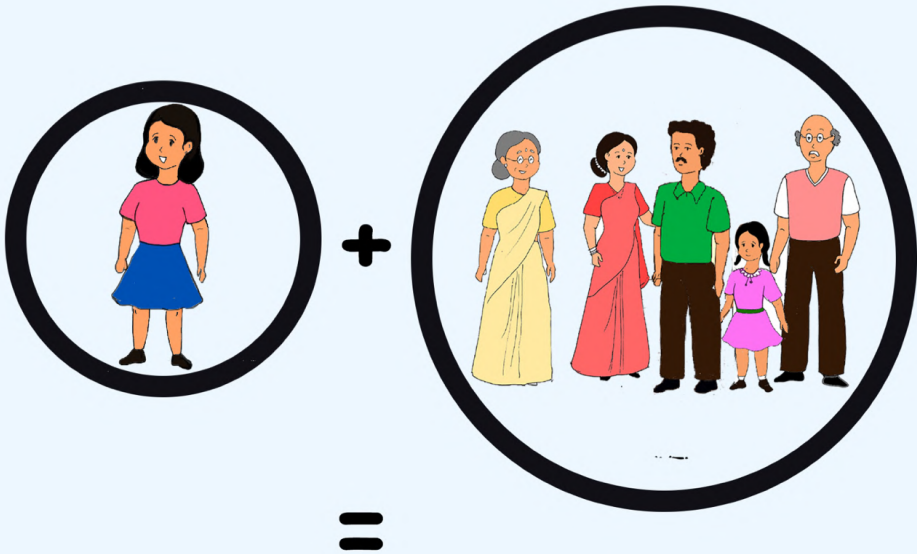
**I read books with my mum
at bedtime in the bedroom.**



**I play with my brother
in our play area.**



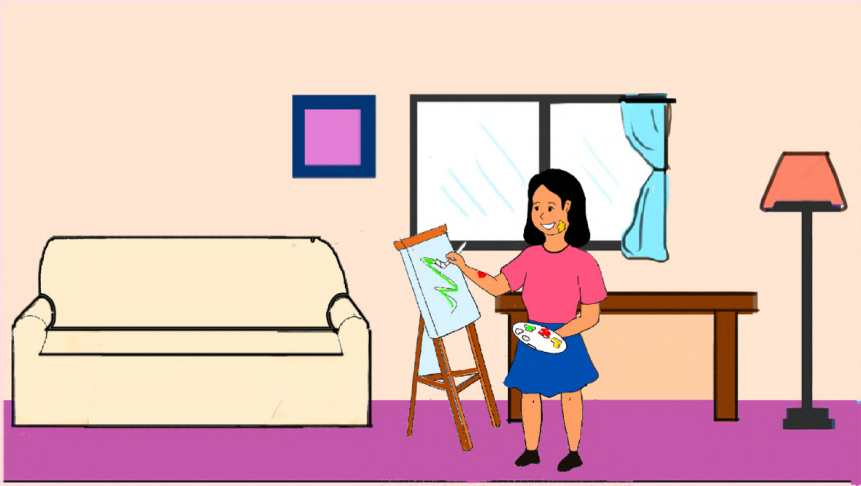
I also enjoy spending time outside.
I love traveling to school by bus.
I like to go for a walk in the park.
What outdoor activities do you enjoy?



Any place I share with other people is called a public place.
If I can see someone else or if they can see me, then it is public.



Malls, parks, hospitals, and schools are some public places I visit. What public places do you see in the picture?



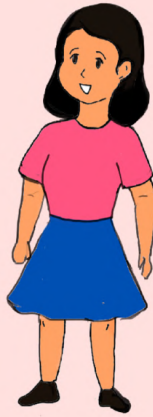
In a public place, I can colour, or read on my own. And also chat and share food at the table with others.



But, private activities are not for public places.

I cannot change my clothes or touch my private parts when I am in a public place.

Can you spot a few other private activities that you can not do in a public place?



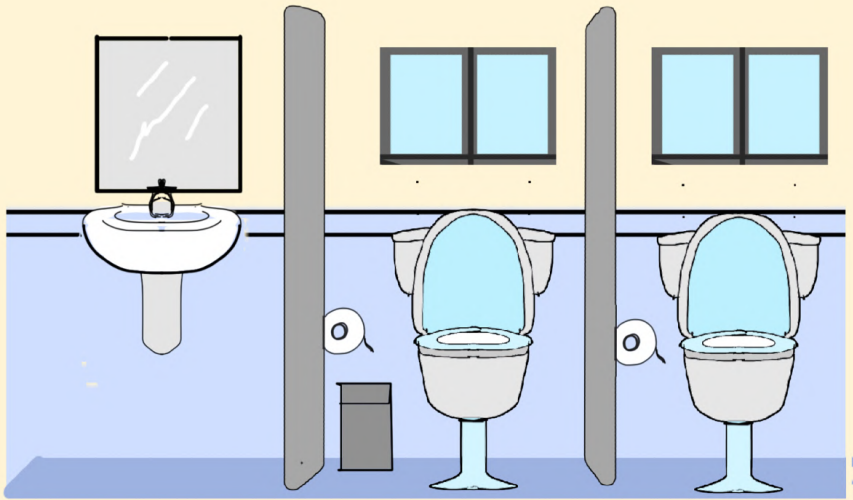
Private places are for private activities.
No one can see me nor can I see others in
their private place.
Can you list all the private places?



**My bedroom and bathroom are examples of private places.
I make sure that the door is closed and the curtain is drawn before doing private things.**



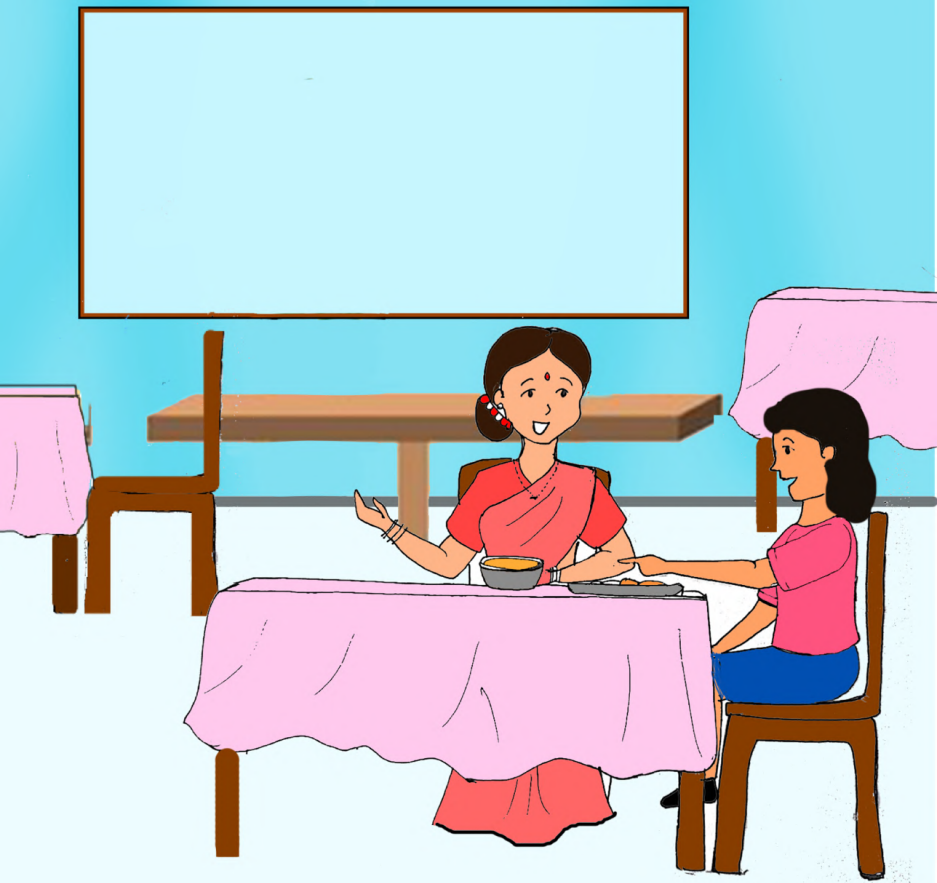
I always knock or ask for permission before entering a private place.



When I share my private place with others,
it is not a private place anymore.



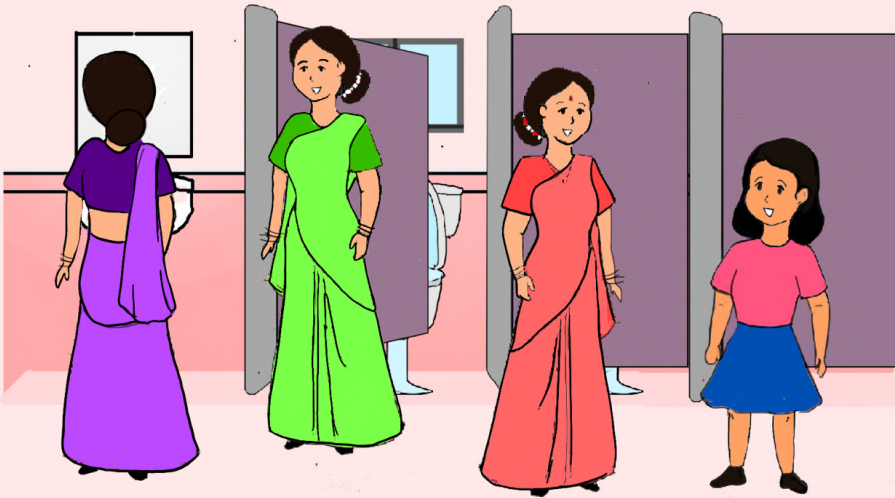
It is okay if people in my safe circle enter my private place when I need help with changing my clothes, using the toilet, or taking a bath.



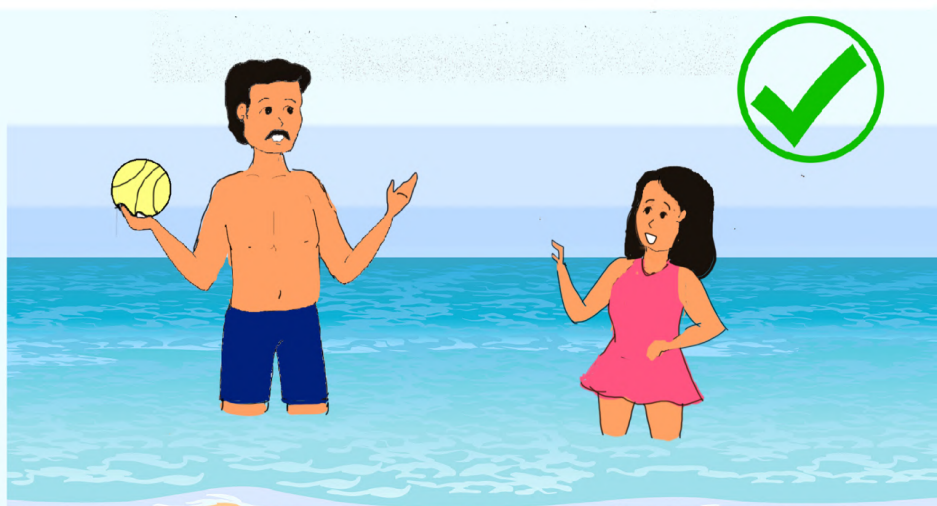
When I go to new places.
Mum tells me about the rules of the place.
I ask her all the questions I have and learn
about the activities I can do.
Who tells you about these
rules?



I also really enjoy going to shop at the mall or market with my family.
When I feel like I want to pee I go to the public washroom with someone in my safe circle.



Even though there are other people,
it is okay to use the toilet after closing the
door to pee or poop.

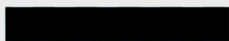
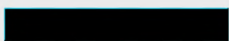


**I go to the beach with my family.
It is okay to have only your underwear on
for beach or swimming time.**



But I do not remove my underwear because they hide private parts. I know that we should not show our private parts in public.

Can you list all the public places you go to ?



Personal belongings



Hello friend, I am Tia.

I like to use my crayons to colour.



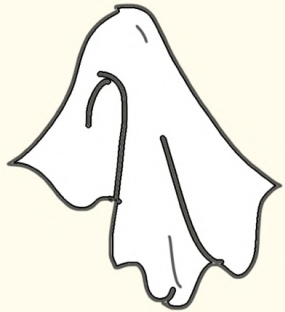
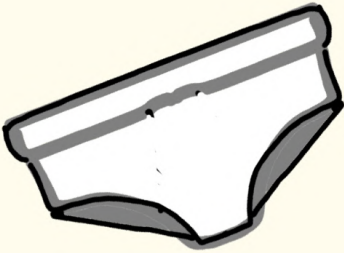
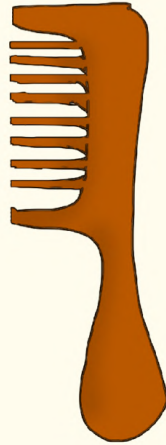
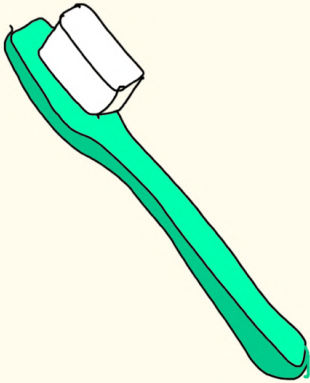
**My brother likes to colour with me.
I share my colors with him.
We make amazing artwork together.**



But there are some things that I cannot share with him.

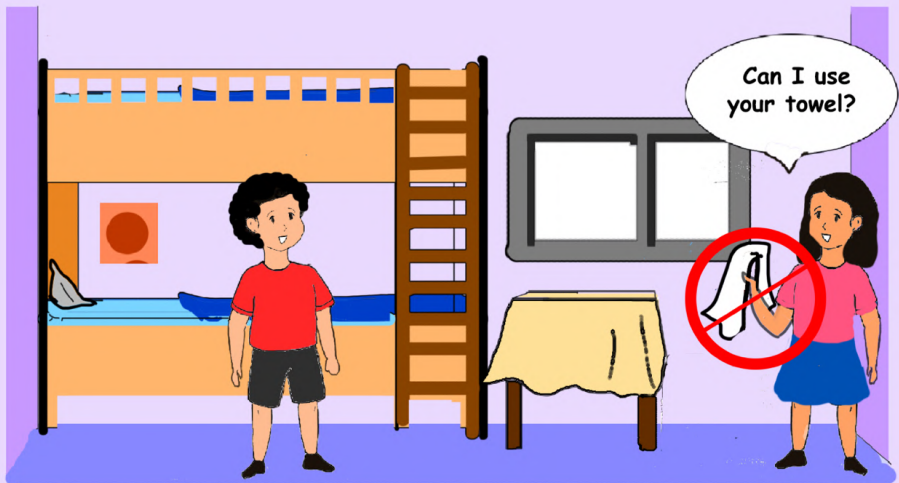
They are called private things.

They belong only to me.

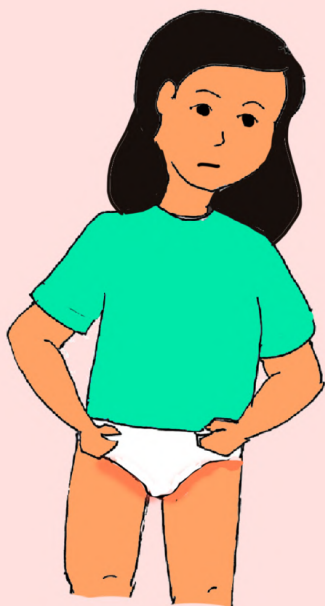
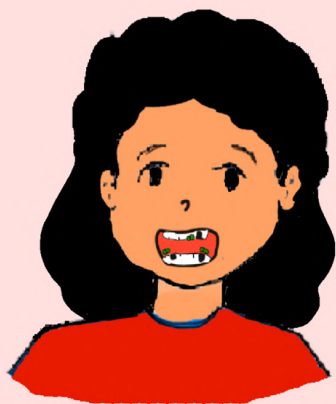


Here are some of the private things that I own: A toothbrush, hairbrush, underwear, and towel.

What are the private things that you own?



Other people also have these private things.
I cannot use those things.

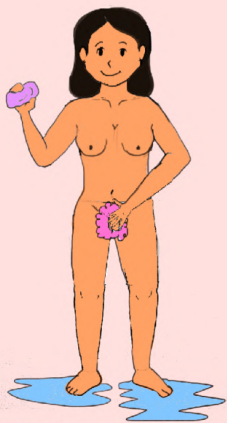


**Sharing private things could make us sick.
We could share a cold or even rashes.**



There are also some private behaviors that I do. Private activities are not shared activities.

Here are a few private activities that I do in private places:



Taking a bath.



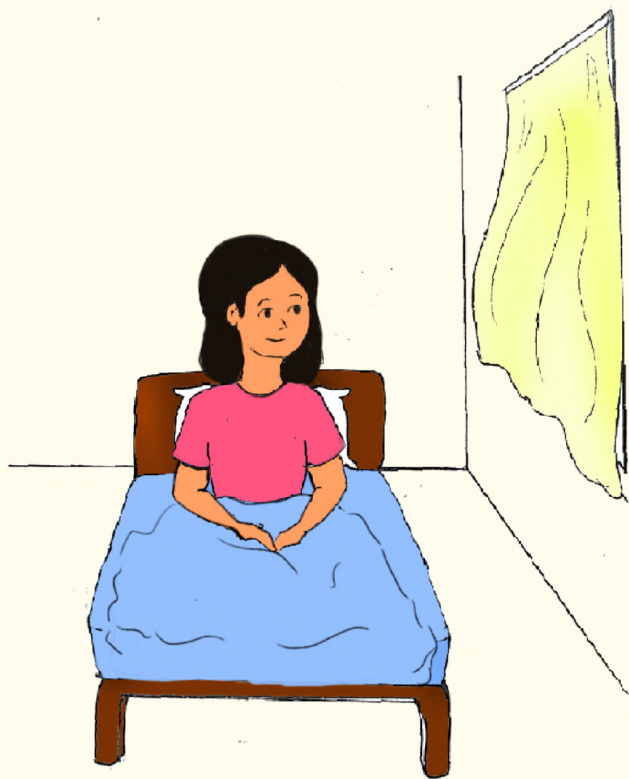
Touching my private parts.



Using the toilet.

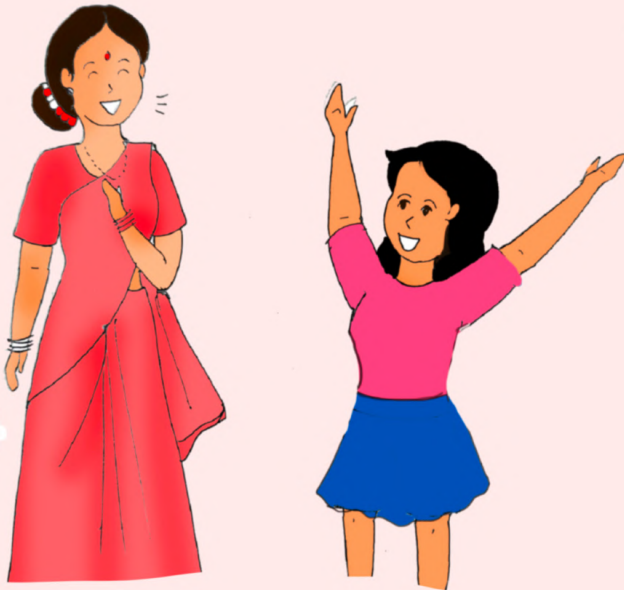


Changing my clothes.



Everybody needs private time to do these private activities.

What are the private activities you do?



Rules about touching yourself

Girl version

Rules about touching yourself



Hello friend, I am Tia.
This is my car.



I like to carry it around with me.
I walk around all the different
places with it.
It helps me relax.



I listen to my mind and body to stay calm and healthy.

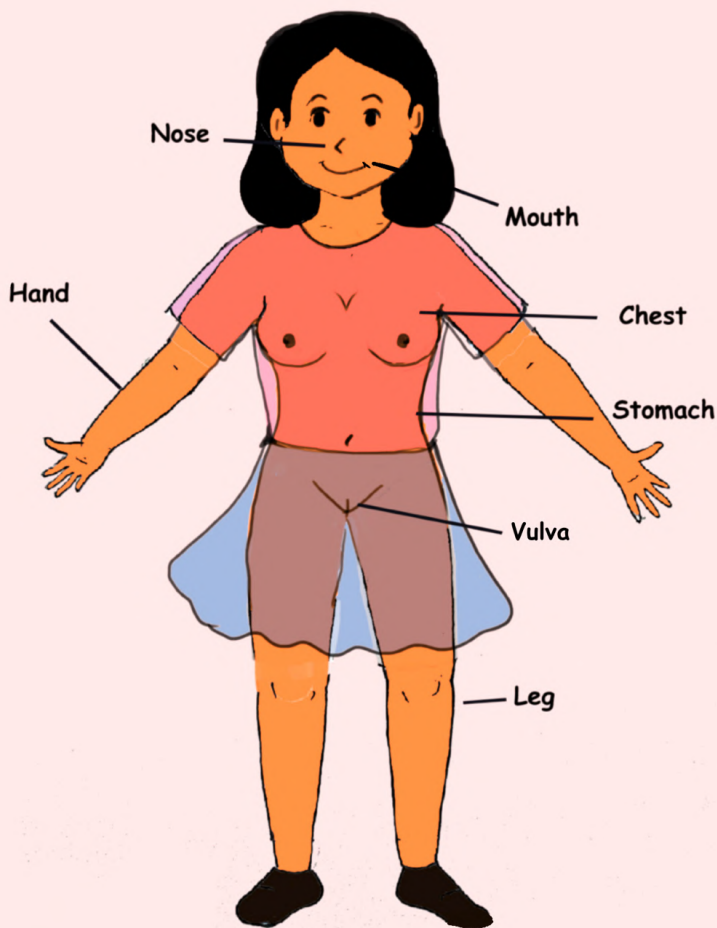


When I feel sad or angry or bored.
I do a lot of things to feel better.



I run to feel the wind in my face and say names of purple things. It makes me feel good.

What are some things you do to feel good?



I like learning about my body.
All of it, the long legs, tiny nose and
private parts too.



My body asks for things when it gets tired. It asks for food or water, other times just a nap.



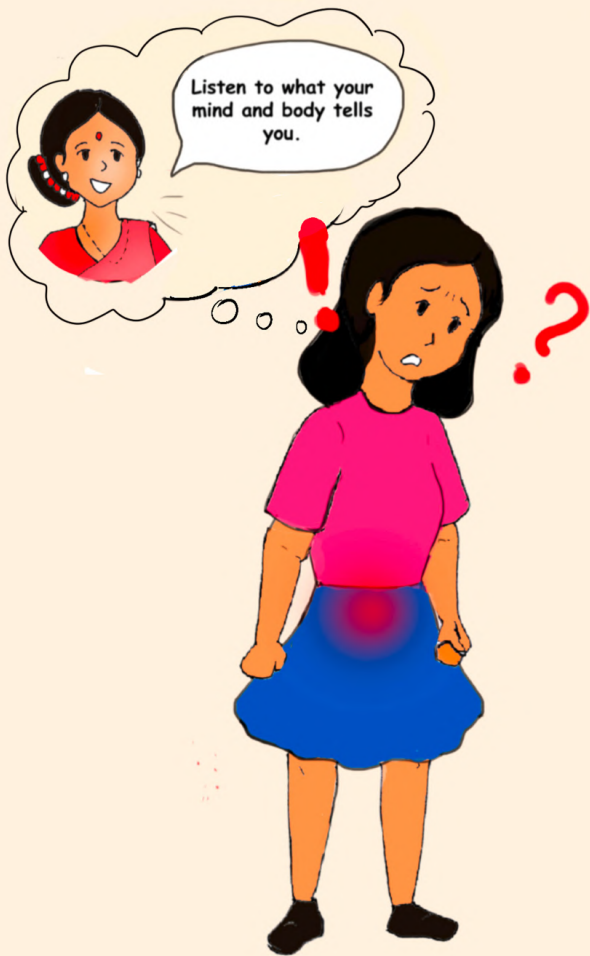
**My body tells me if it is too cold or hot.
It tells me when it is hurt or itching.**



**I help my body and also ask my safe person for help.
Who is your safe person?**



Private parts are not for others to touch.
I must learn to clean my private parts and
care for them on my own.
Mum helps me with private behaviors What
about you?



**Private parts may pain, itch and grow.
It is okay to talk and ask questions to
my safe person about it.**



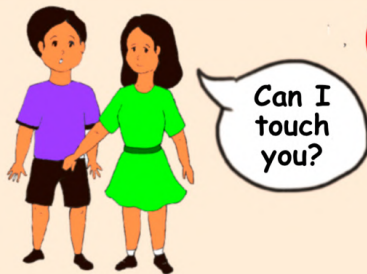
It feels different to touch my private parts. It helps me relax especially when I am scared or alone.



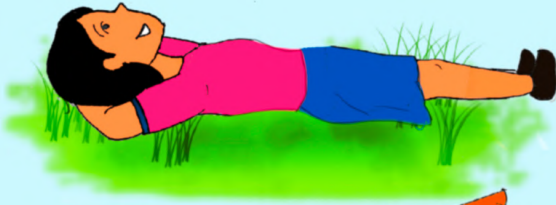
**Touching your private parts is okay.
It is a private activity for private places
only. Can you point to private places where
touching your private parts is okay?**



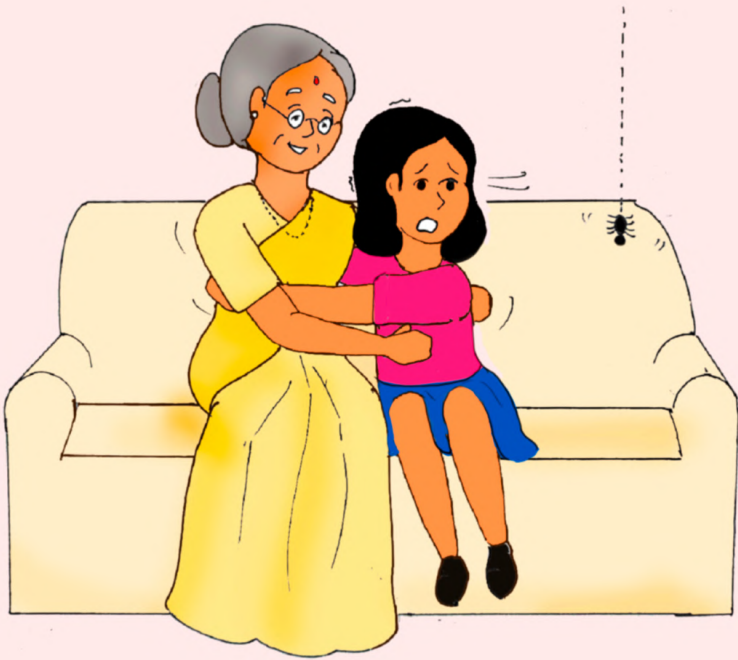
It is okay to talk to my safe circle about private activities. They are always ready to answer my questions.



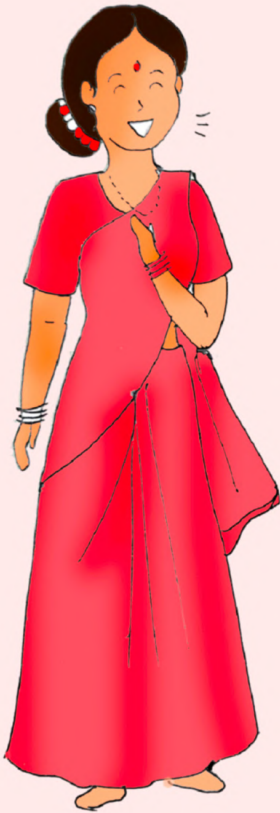
Nobody is allowed to watch, click pictures or ask you to touch private parts. I must say no, walk away and tell my safe person about it.



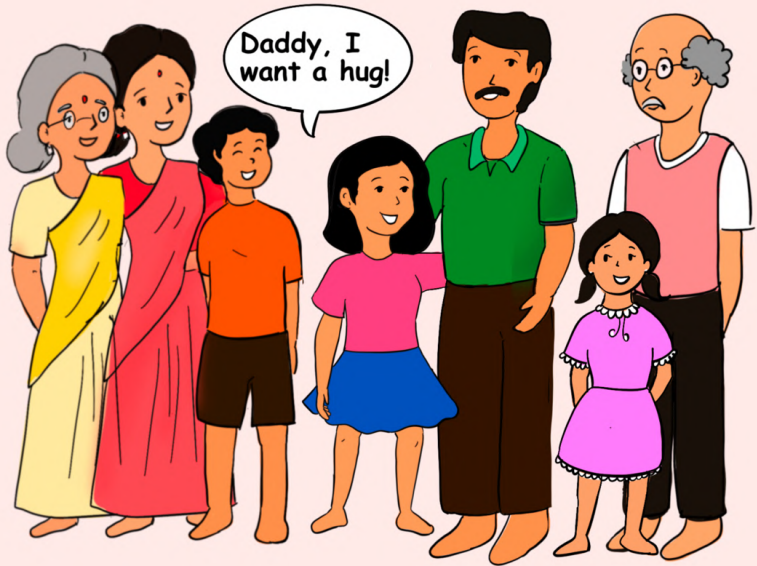
Private behaviors like touching my private parts are not for public places. Instead in a public place, I do calming activities like playing with sand, painting or looking at the sky to keep my body busy.



Sometimes, I get my safe circle to hold hands or hug tight to feel relaxed.



Our bodies are beautiful and there is so much we learn about them every day.



**Rules about touching
others
Girl version**

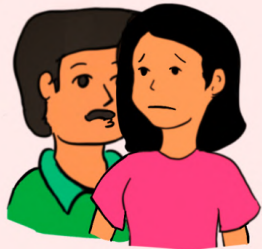
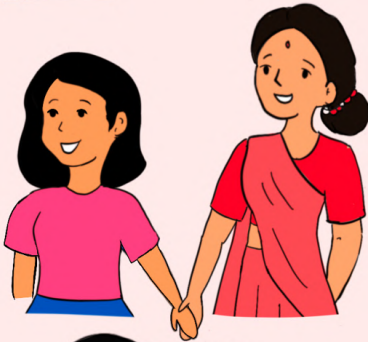
**Rules about
touching
others**



Hello friend, I am Tia.
Do you like it when I greet you ?

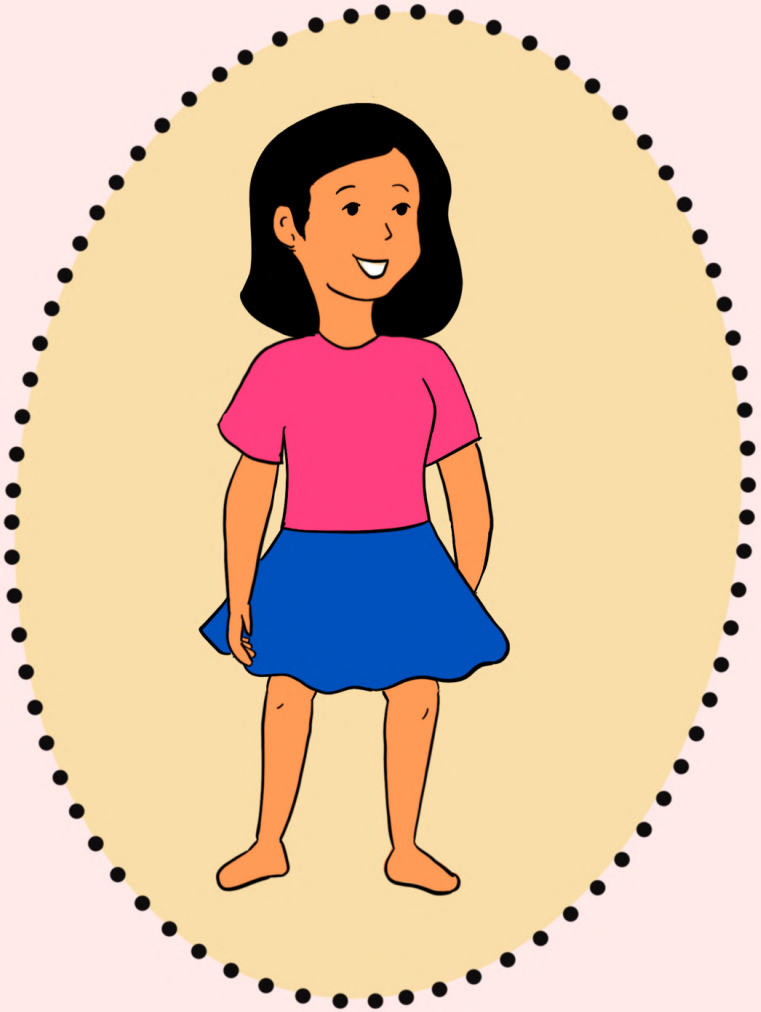


Others smile or do and say nice things when they like something I do.

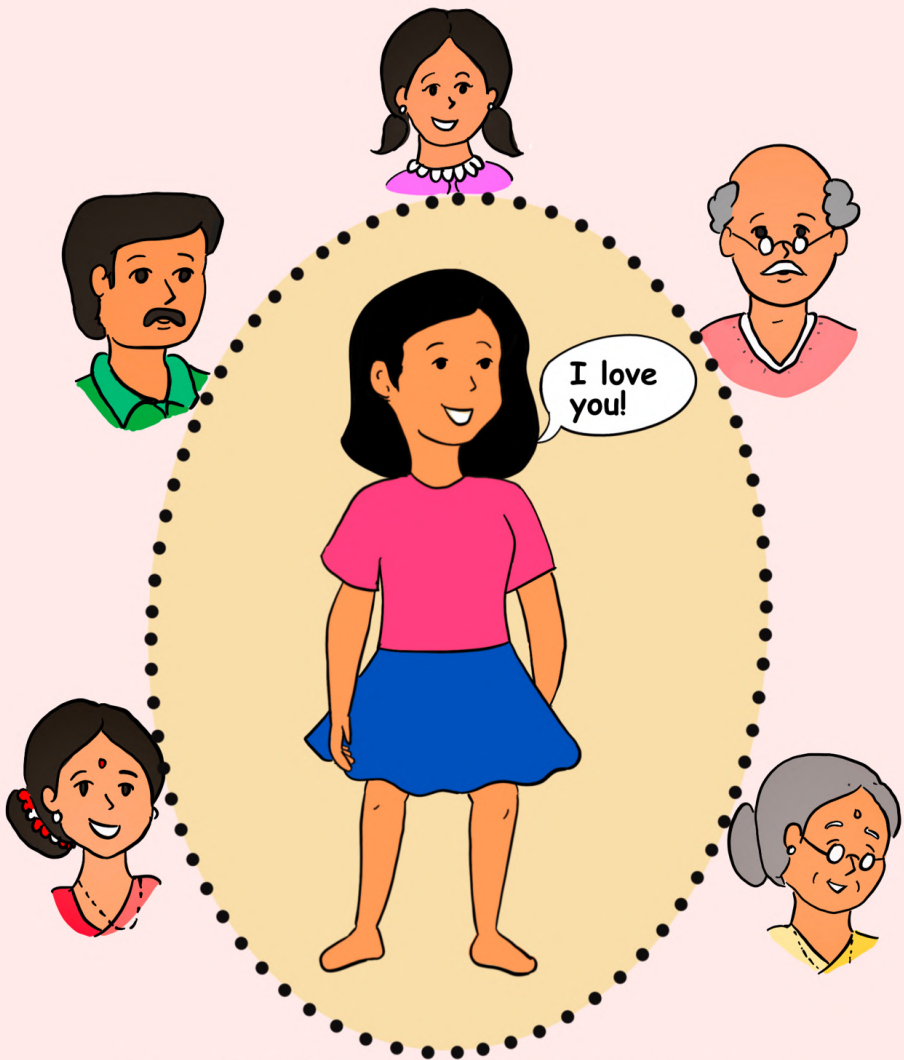


We often touch each other when we talk and play. Sometimes, I like it and other times I don't.

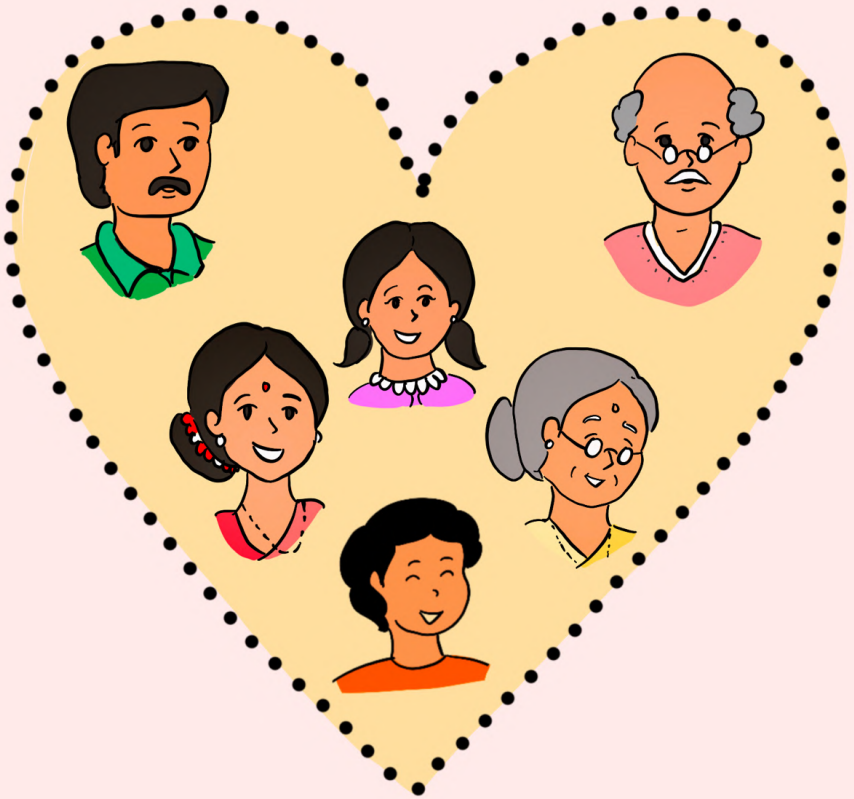
Personal space



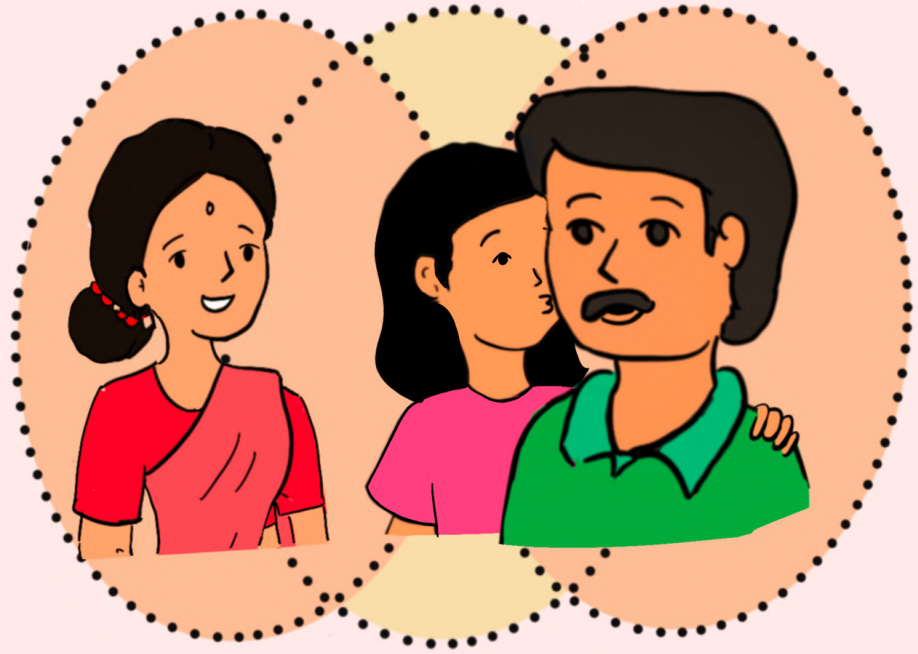
I like being in my circle of personal space.



I touch other people to tell them I love them and enjoy being around them.



Mum, dad, sister, brother,
grandma, grandpa and friends are
some of my loved ones.
Who are the people you love?



I kiss my parents on their cheeks.
They seem to like it.
Do you see them smile?



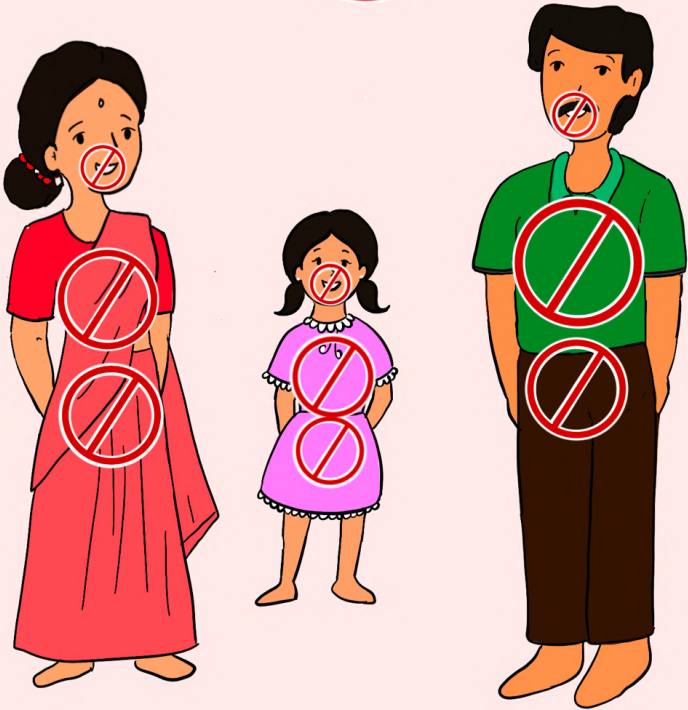
I give my sister, brother, and friends a hug every now and then.
Do you think they like it?



I do not kiss or hug with my loved ones in public spaces.



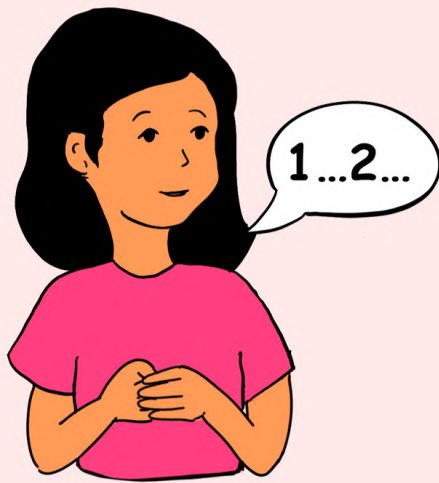
**So, I hold and shake hands instead.
I also smile and use my words in
public spaces.
This way they know that I like being
with them.**



It is never okay to touch others on their private parts. I do not touch anyone on their chest, over their pants or skirts, or on their mouths.



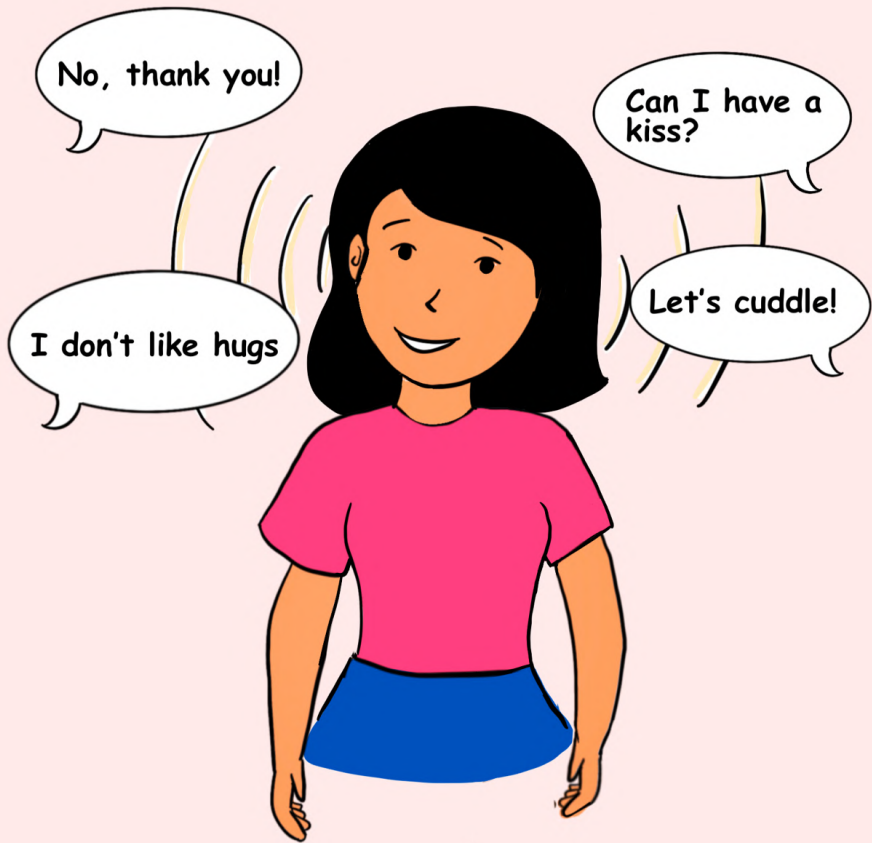
When people don't like being touched, they tell me in different ways.
With their words, faces, and actions.



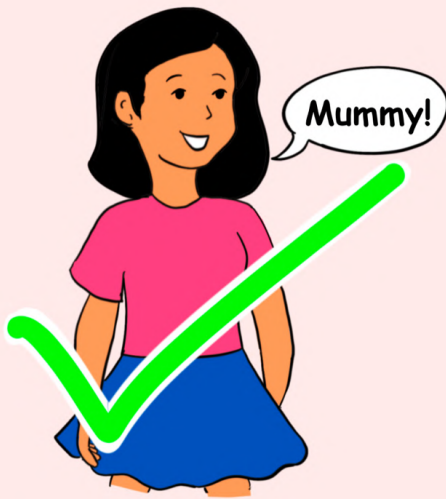
I quickly move away and count to ten when I am asked to stop.



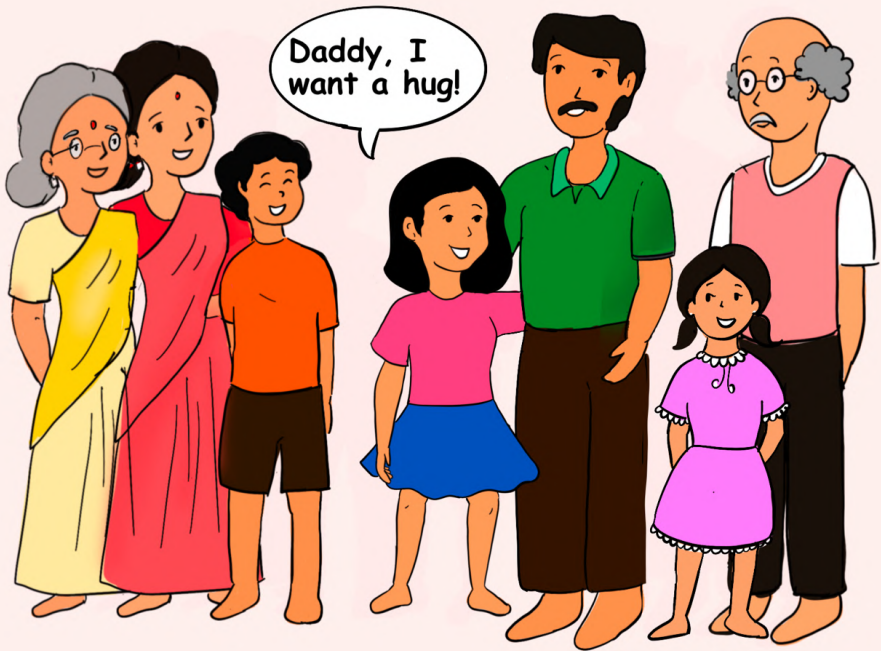
I might need reminders but I learn to stay in my personal space.



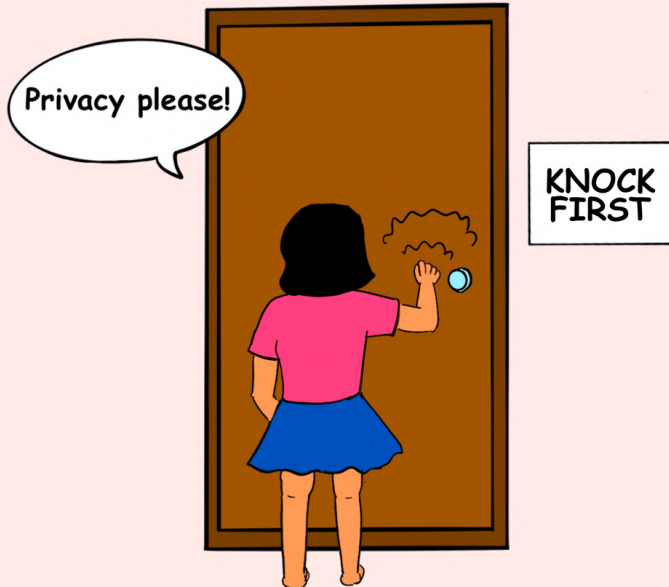
It is good to listen when others tell you what they like or don't like.
Listening helps me know others better.



When I want others to listen to me I use their name and wait for them to be ready.
I don't pull, cry or drag them by the hand when they are busy.



I practice patience and tell them when I want to be touched. So they know me better too.



Being naked: Where and Around whom Girl version

**Being naked:
Where and
Around whom**



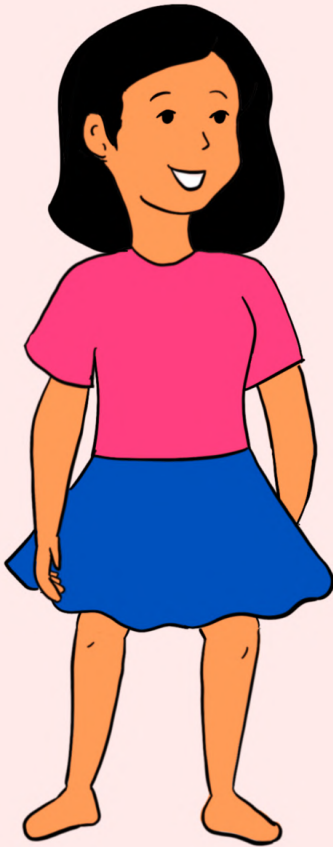
Hi! I am Tia and this is my favourite storybook. I love reading it on the bus on my way to school.



It has a beautiful cover.
Mum suggested that I use a cover
over my book to protect it from dirt
or stains.



**This is my body.
It is special and private.
I should protect my body from dirt,
heat, cold, and injuries.**

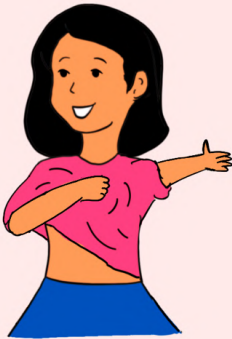


To protect my body, I wear clothes.
I have lots of colourful clothes.
I love wearing my blue skirt the most.
Do you have a favourite skirt?



Certain clothes make me feel hot and uncomfortable.

Sometimes my underwear feels itchy. At such times, I feel like taking my clothes off.



But mum tells me that I can be naked only in private places and around people in my safe circle.

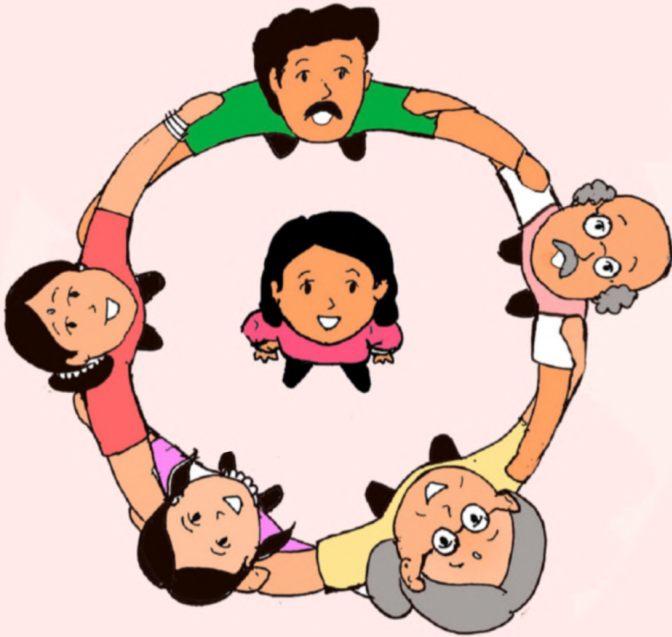


Putting on shoes is okay to do in front of others. Putting on underwear is not.

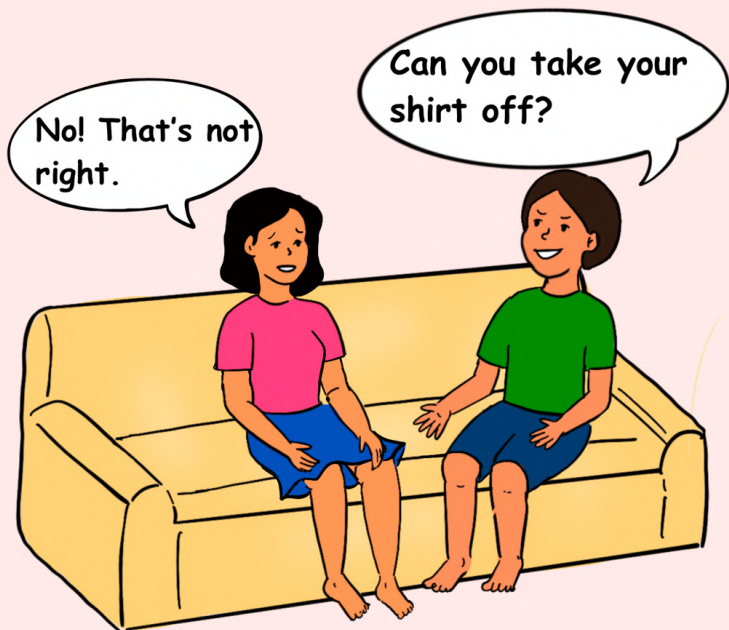
Washing my hands is okay to do in front of others. Washing my bottom is not.



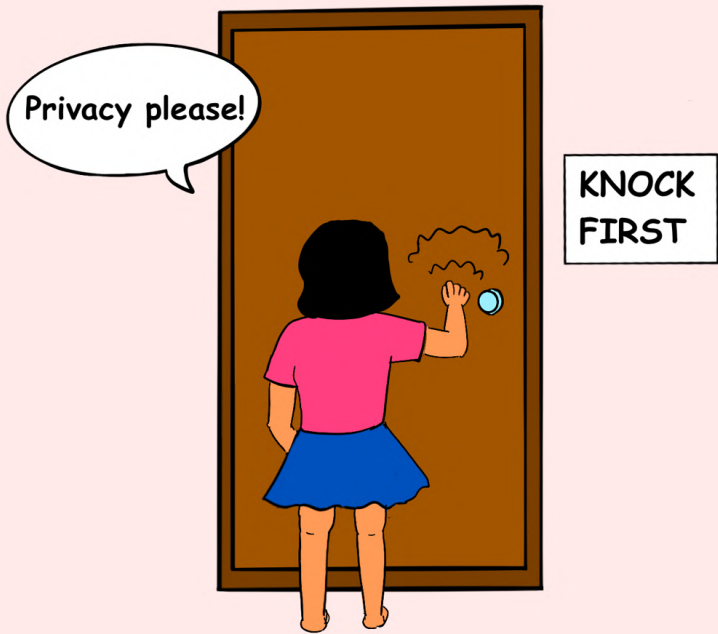
I can be naked in private places but I can't do the same in public places.
Can you name a few private and public places?



My body is private, so unless my safe circle tells me, I have to keep my clothes on.



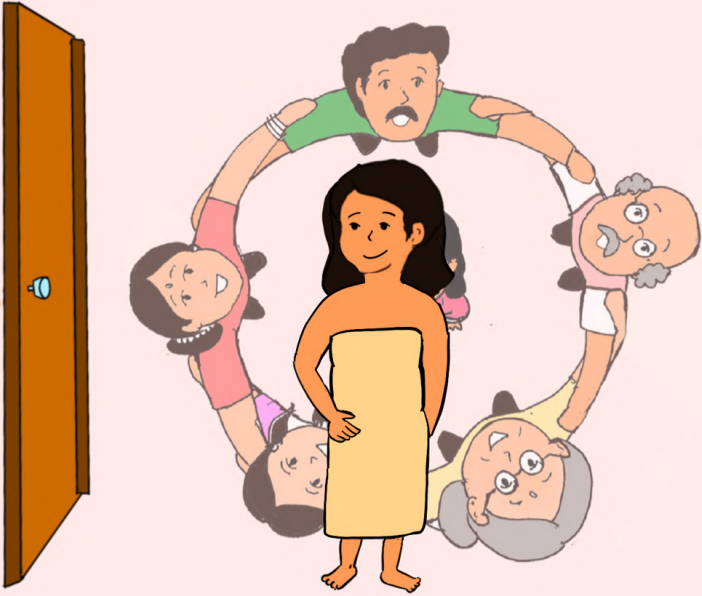
Nobody is allowed to ask me to undress when my safe circle is not around.



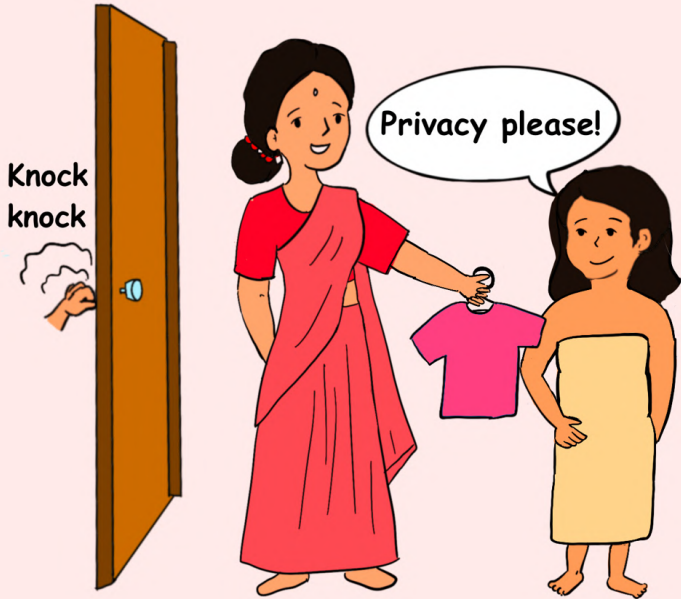
When someone is getting dressed or using the restroom, I should knock first and wait for their reply before entering.



If anyone knocks when I'm using the restroom or bathing, I say "Wait" or "Privacy please" to ask them to wait unless I need their help.



After coming out from the bath,
I wrap myself in a towel.



Mum helps me pick and choose what I want to wear.
I like clothes that are soft, comfortable, and cool.



Dad says that we all should respect and give each other privacy when asked.



Consent: Saying "NO"

Girl version

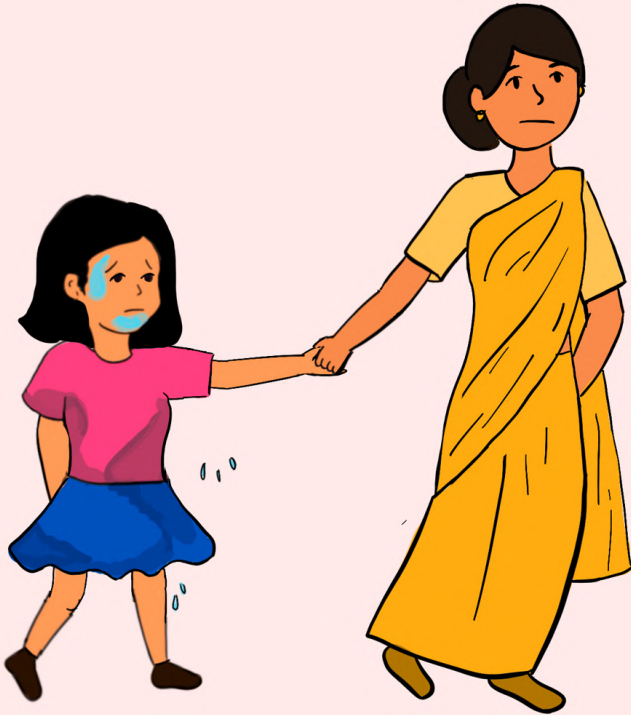
**Consent: Saying
"NO"**



Hi! My name is Tia.
I enjoy outdoor games.
I like to run and kick the ball
around with my friends.



I get dirty when I play outside.
After the game today, my aunt pulled
me away.
She washed my hands and face at the
tap in our park. Then we walked home.



I did not like being pulled, the water felt cold and my clothes got wet too. She was being careful and did not hurt me. But, something about it did not feel right.

Body sovereignty

Self ownership

Consent

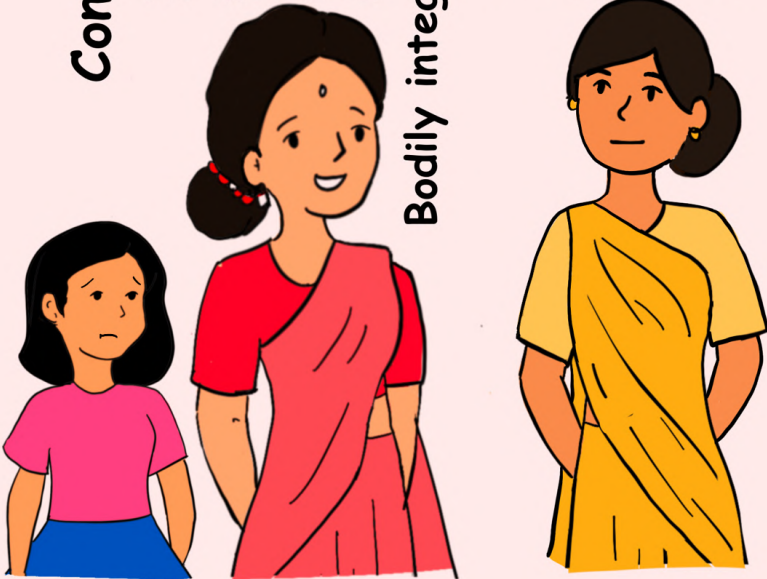
Ask-Wait-Do what is said

No means no

Bodily integrity

Bodily autonomy

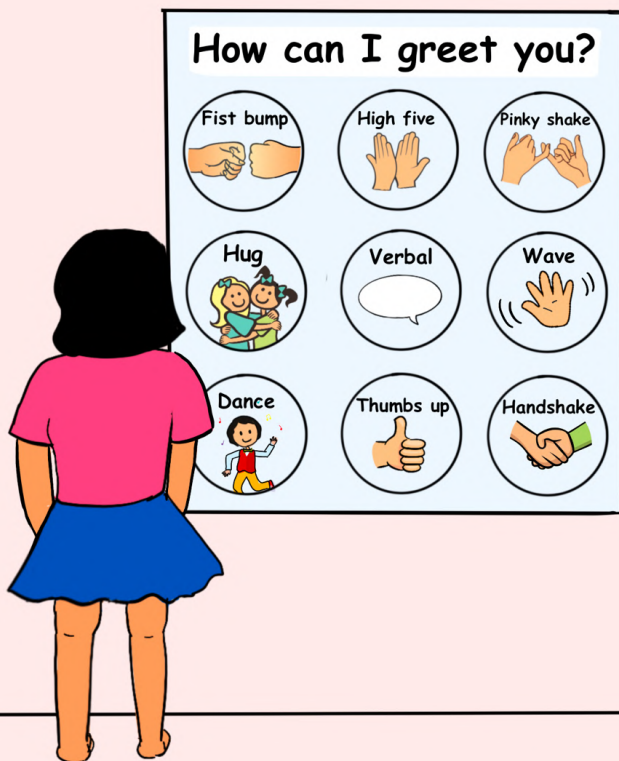
Personal autonomy




When I told my mother about it, she explained to my aunt about the problem. She used some big words. My aunt understood and apologized for making me feel uncomfortable. Can you read those big words for me?



I did not understand the big words. Mum sat me down and said I must remember "My body, my choice. Always."

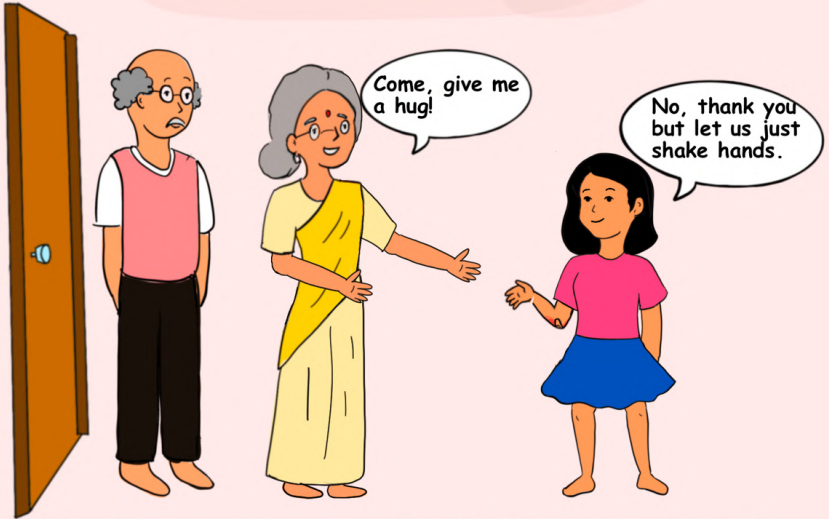


It means you get to choose what you do with your body. Other people- my friends, all the adults and even my sister must ask me before they do something to my body. That's called asking for **CONSENT**.



Would you like me to wash your vulva?

Yes, please.



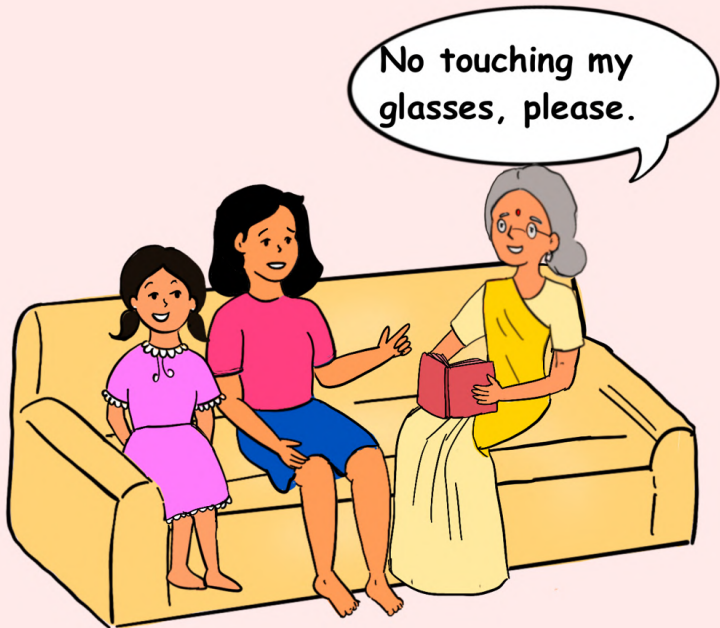
I can say "Yes, please" or "No, thank you" based on how I feel. It is okay for me to refuse a hug or kiss. They must understand my choices and not feel bad about it.



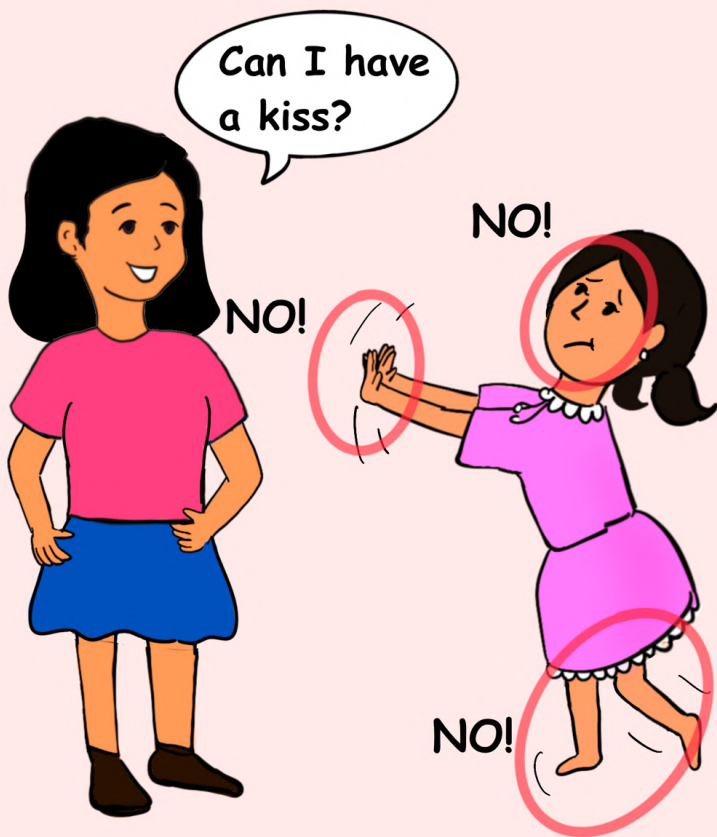
I must not feel bad if others refuse me to touch or help them.
My sister does not like it when I touch her hair. Even if her hair feels soft to touch I do not touch it after she says "No".
I respect her choice.



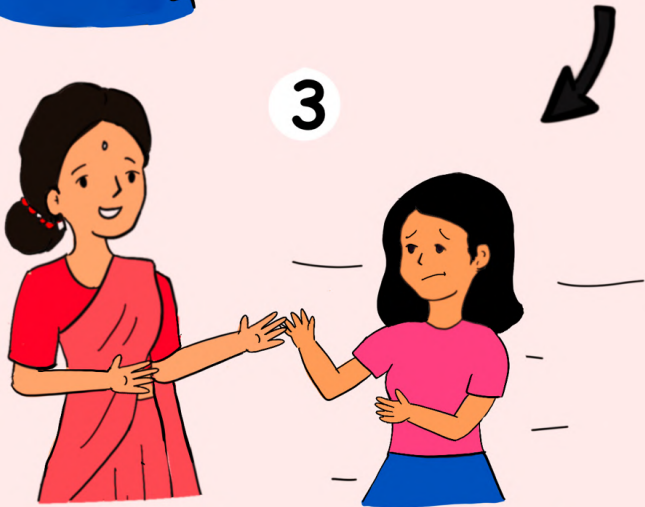
Everybody at home always uses kind questions before they touch me.
Can you point to questions you'd like to be asked?



**Saying "No" is okay.
You can say "No" to strangers, your
friends and even your family.
People you love can also choose to
say "No" but that does not mean
they don't love you. They just don't
want to be touched.**



Sometimes when I ask for consent I don't get an answer in words. I look at the person's face and body for cues instead. If they are frowning, turning away or stepping back, then it's a "NO".



If somebody does not listen and continues to touch me. I say "Stop" loudly, call for my mum and run to her for safety.

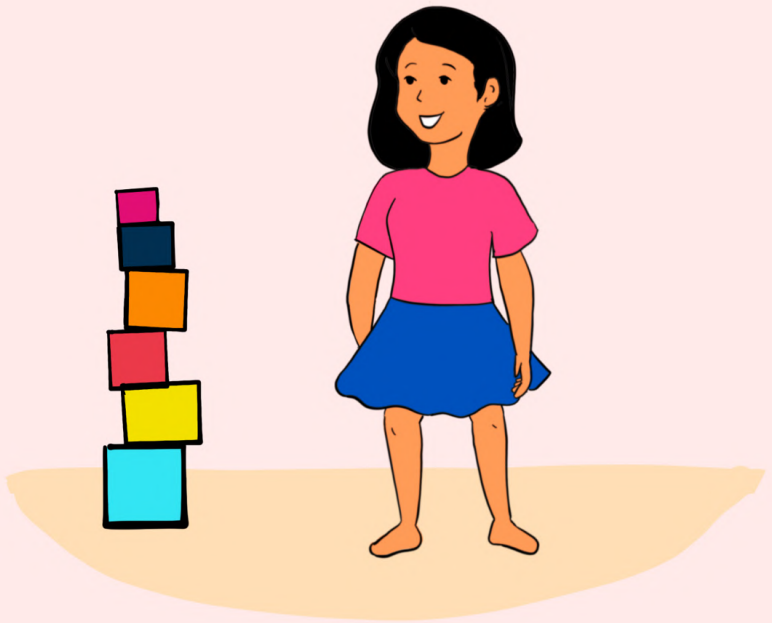


I like it when people ask me for permission before they pick me, hold my hand, hug me, or even help me clean myself.

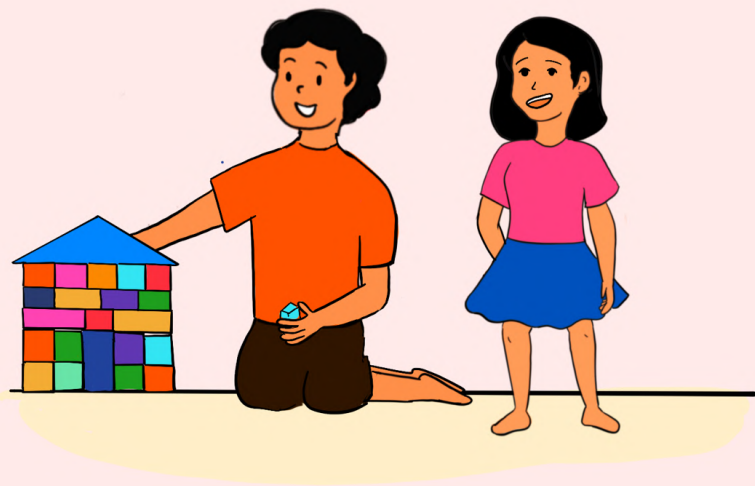


**Seeking support: Asking
for help**
Girl version

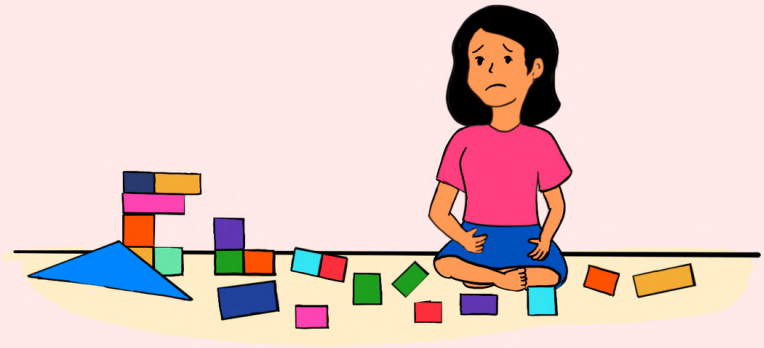
**Seeking
support: Asking
for help**



Hi, My name is Tia.
I love playing with blocks.
Look at this tall tower that I made!
I feel so proud I built it.



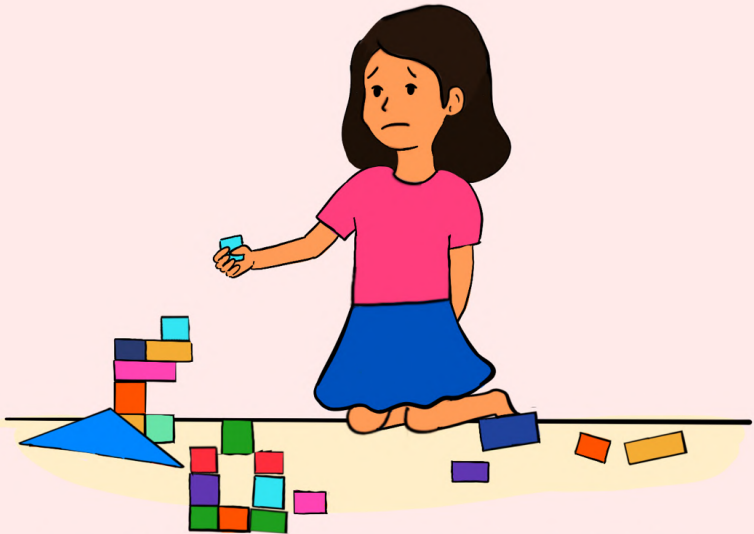
**My brother enjoys building blocks too.
He even made a small house once.
It looked really cool!**



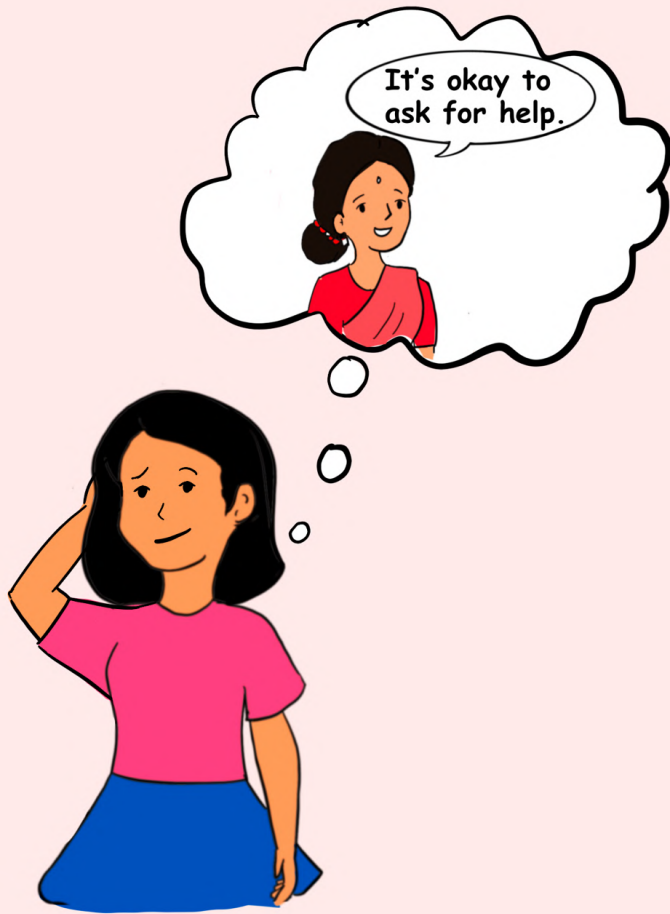
I wanted to make a small house like that.

But I did not know how to do it.

It was confusing.



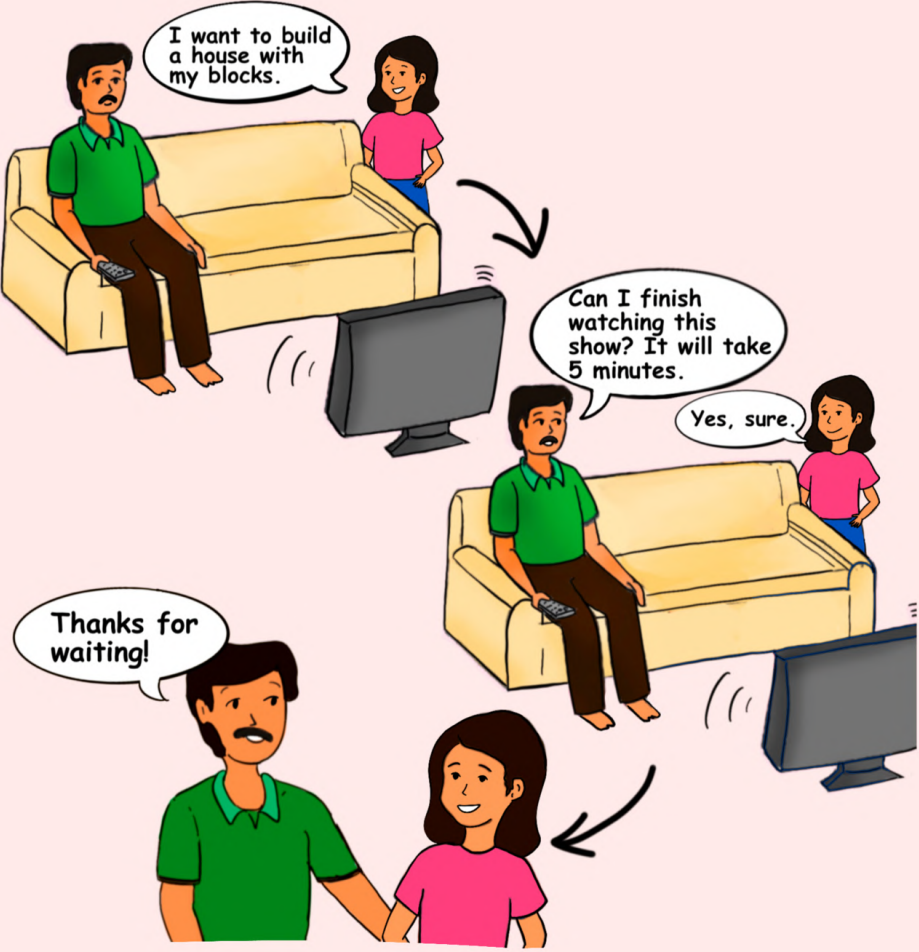
Mum always tells me to keep trying.
So I tried my best and made a square
with the blocks.
But, I did not know what to do next.



Now that I was done trying, maybe it was time to get some help.
How do you ask for help?



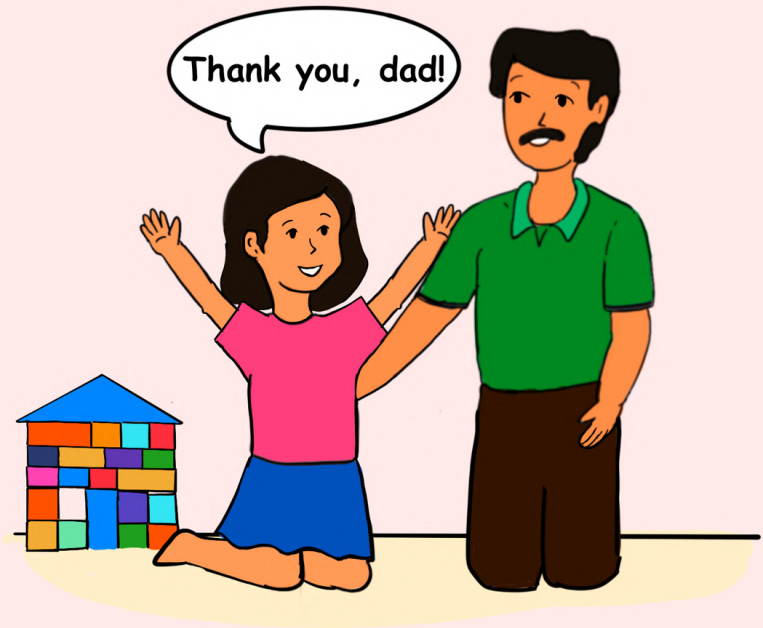
This is what I do, first, search for someone who can help. Like my dad in the living room.



Second, signal to them that I need help. I use my words and ask for help. Do you see what I said? I waited for him to finish his show. It is good to be patient. Dad was happy that I waited patiently.



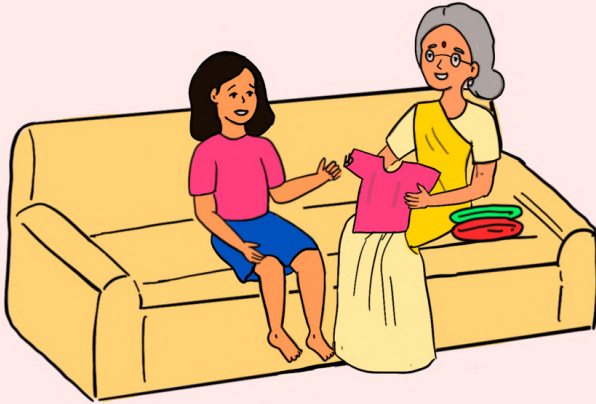
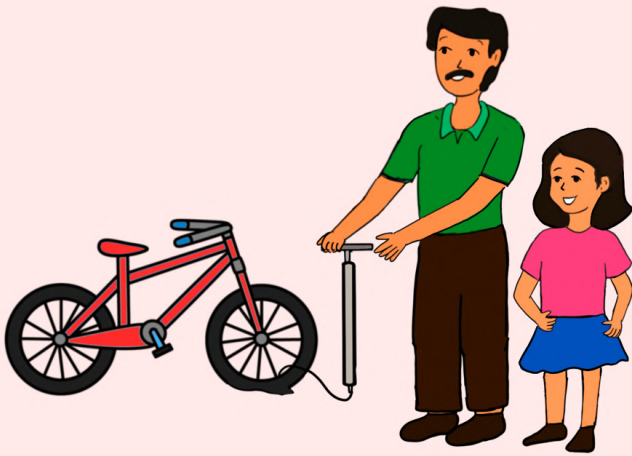
After Dad was done, he gave me simple steps to follow. He used his calm voice and kind words. I followed his instructions and guess what?



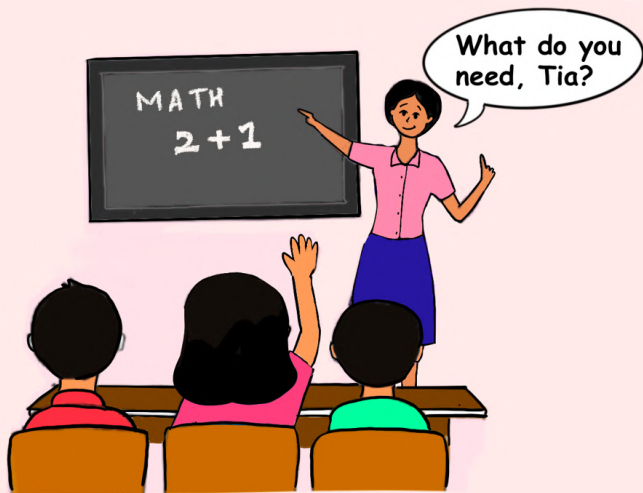
We did it! We made the house.
Do you see how happy I was?
Now it was time for Step 3.
I said "Thank you, Dad!"
I know that he felt happy too because
he smiled back at me.



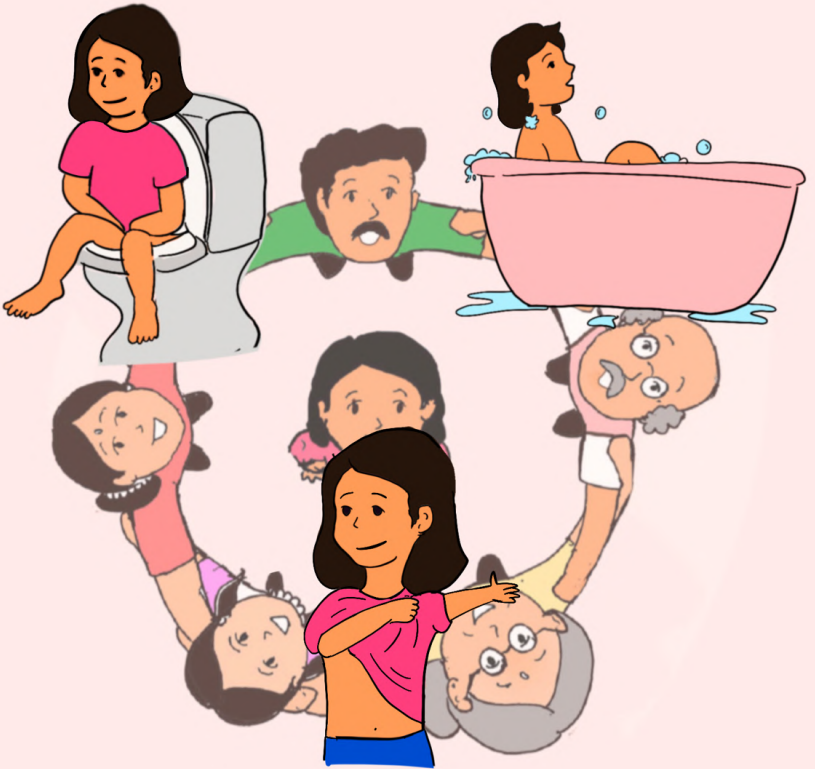
**I can do a lot of things on my own.
Can you list a few things that you can
do on your own?**



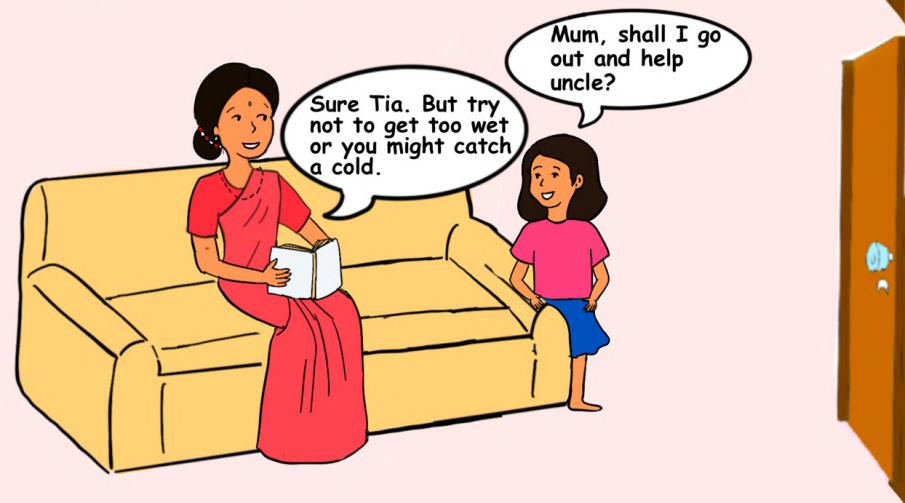
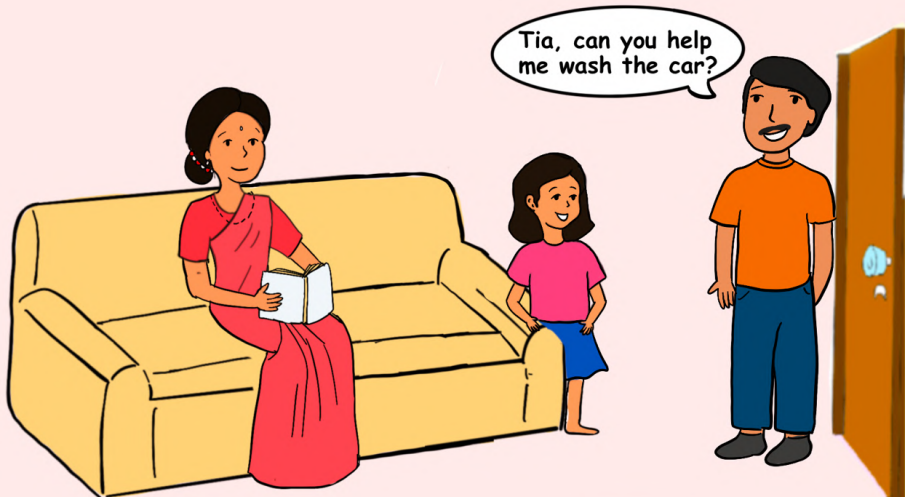
There are things I cannot do on my own too.
That is when I need help.
Can you think of situations where you need help?



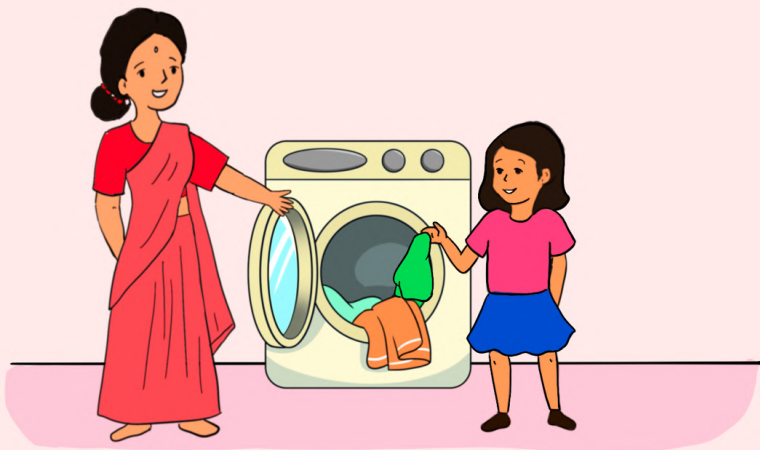
Everybody needs help from time to time.
At school, my teacher helps me.
At the shop, the shopkeeper helps me.
Doctors and Policemen are helpers too.
Can you help me think of more helpers?



If I need help with something private, then I can only ask the people in my safe circle.



I do what I can to help others too.
I always ask my safe circle if it is okay
for me to help before saying "YES".
It keeps them informed.



I help my grandfather with his plants.
And mum with the laundry.
I like spending time with them too.
It makes them happy.

Things I cannot help with:



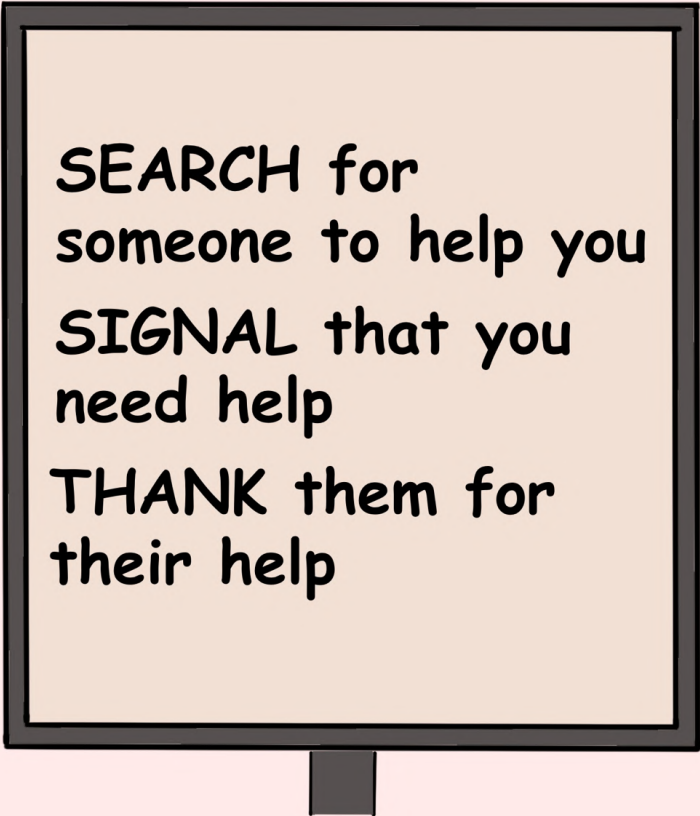
I cannot help with grown up things like driving a car, using money or fixing broken things on my own. I am yet to learn to do all that.

I don't help others with private behaviors. I call out for my safe circle and let them know when it is private, instead.



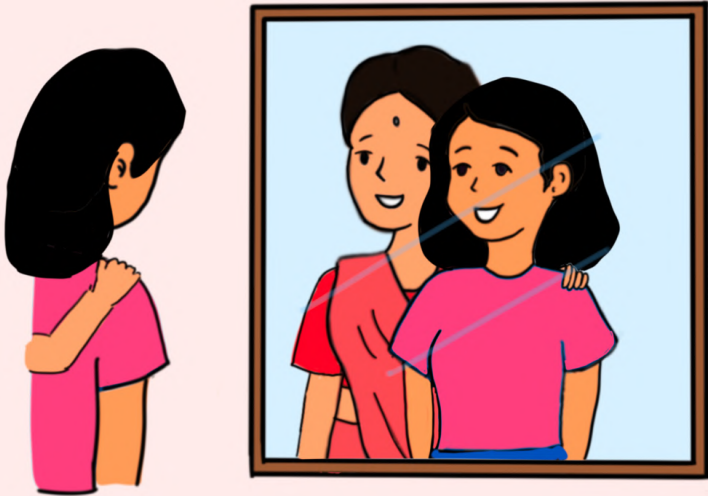
People can ask for help at any time, in many ways and that is absolutely okay.

We must keep our ears and eyes open to listen to their requests.



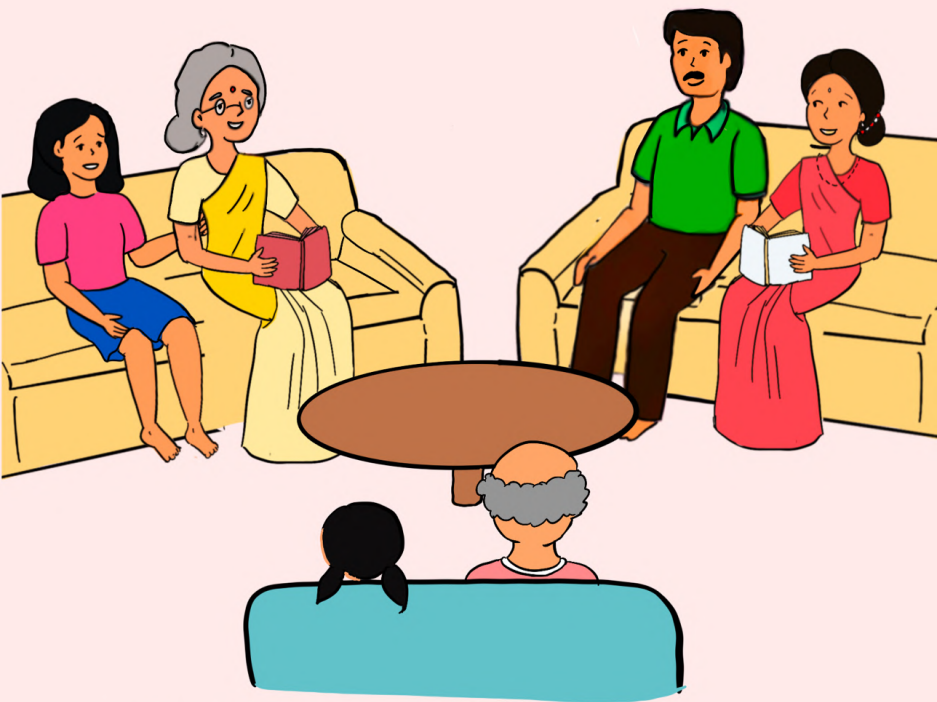
SEARCH for
someone to help you
SIGNAL that you
need help
THANK them for
their help

Do you remember the steps we should follow when we ask for help?



**Seeking support:
Expressing feeling and needs**
Girl version

**Seeking support:
Expressing feeling
and needs**



Hi, I am Tia.
Mum thought it would be fun to have
lunch at the park.



We went to the park in the afternoon.
There were a lot of people in the
park. It was sunny, everybody seemed
to like it.
I did not like the park.

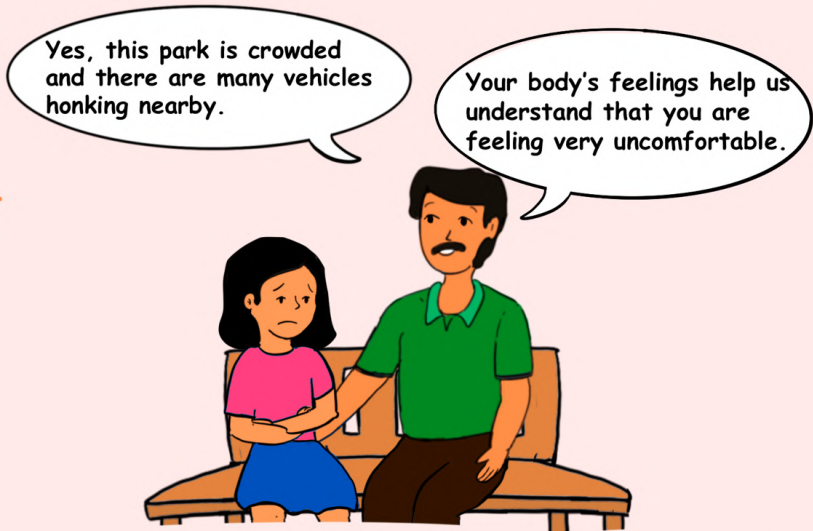
It looks like you are frustrated but I do not know why.

Your body is really amazing. You will feel different things in different parts of your body. That will help us understand what you are going through!



My dad took me to a quiet area under a tree.

He explained that it is important to listen to my body to understand how I feel.



He asked me to listen to my body and tell him what I was feeling. I could feel my head hurting because of the noise.

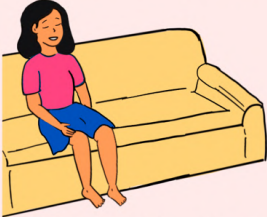
Things to do when I feel overwhelmed



Take a few deep breaths



Count to 10



Find a quiet place



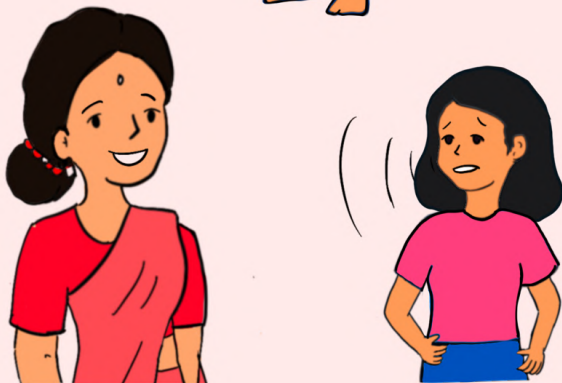
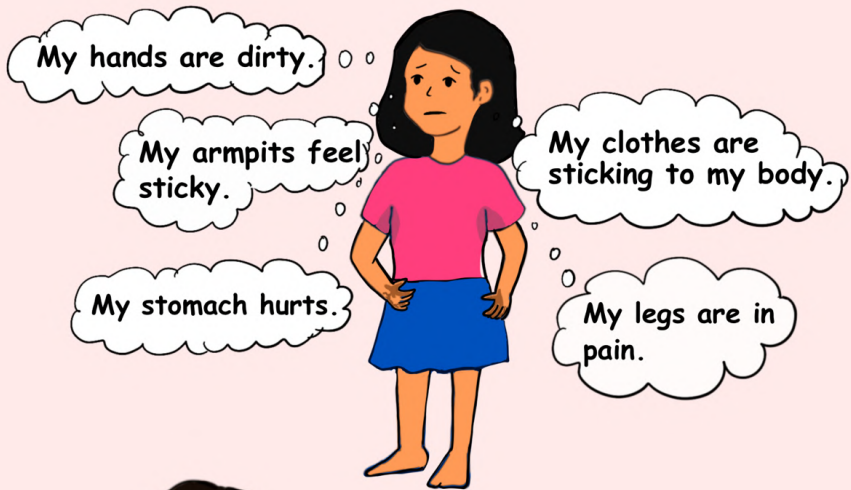
Wear headphones



Listen to calming music

Listening to my body helped me understand how I was feeling. My dad told me there are a lot of things I can do to feel better.

I used my mother's headphones and sat on the bench for a while. It felt good. Talking to my dad about my feelings really helped!



In the evening, we came back home. I did not feel good again. But, I knew that I should listen to my body first.

Second, I should tell someone about it. I saw my mother in the kitchen and told her how my body feels.

My mother appreciated me for listening to my body and sharing how I felt with her.

How do you feel today?



Happy



Sleepy



Sad



Calm



Excited



Scared



Tired



Proud



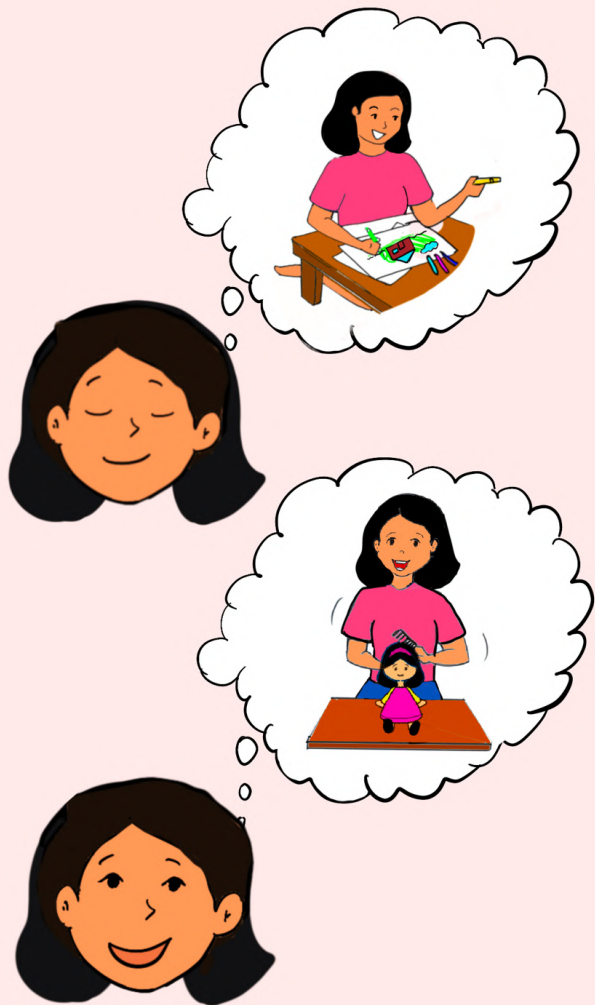
Angry



Hurt

She helped me understand that I must be feeling hot and tired. Such feelings are called uncomfortable feelings.

It does not feel good to experience them, but they are not always a bad thing. These feelings help me understand my body's needs so that I can keep it safe and healthy.



I experience comfortable feelings everyday when I do things that I enjoy.

When do you experience comfortable feelings?



My stomach is paining and it is so hard to poop.



You seem to be constipated. Let's see what we can do about that.



Drinking water



Not missing pooping time

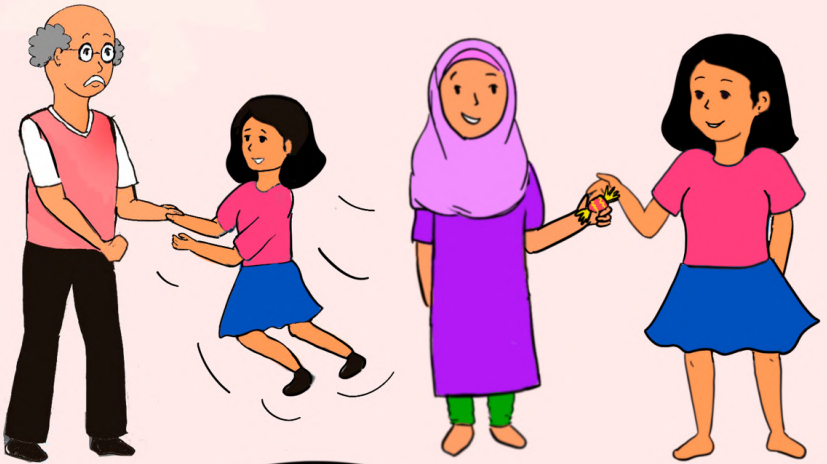


Listening to your body signals to poop



Eating healthy

I also experience uncomfortable feelings. At those times, I always remember to listen to my body and tell someone in my safe circle. They help me decide what to do about it.

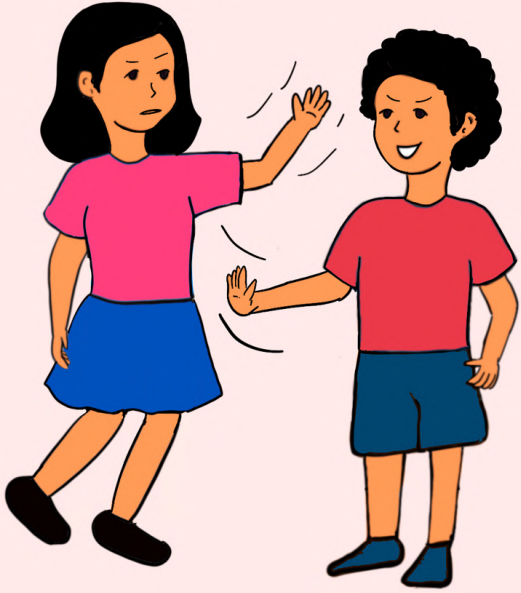


You are such a good artist Tia.



My family and friends often say or do things that make me feel comfortable.

Stop! I do not like being pushed.



Sometimes people say or do things that make me uncomfortable. I know these feelings keep me safe. I use my words to tell them that I feel uncomfortable. I also remember to share this incident with my safe circle.



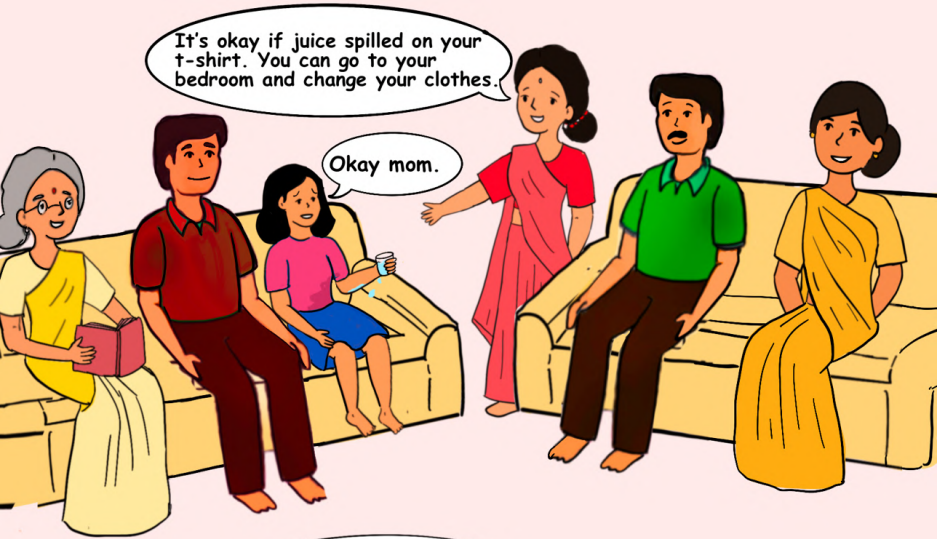
When I get confused, my safe circle helps me understand. Dad said it is okay to say 'no' if I feel uncomfortable even if it is to a dear friend.

I know you enjoy watching cartoons. But watching it for too long can damage your eyes. Shall I set a timer for 30 minutes?

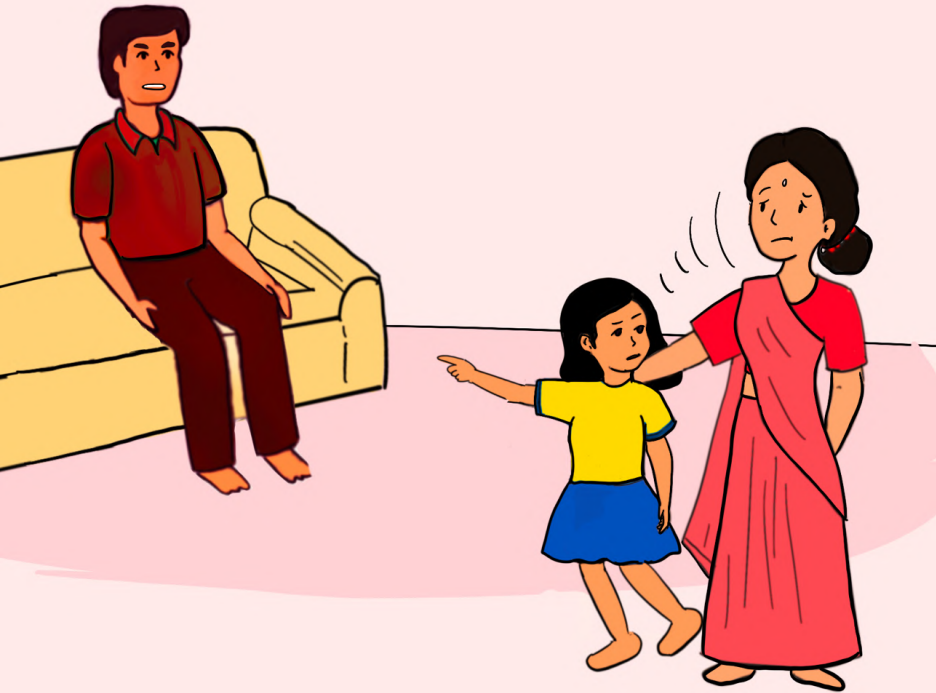
Okay mom.



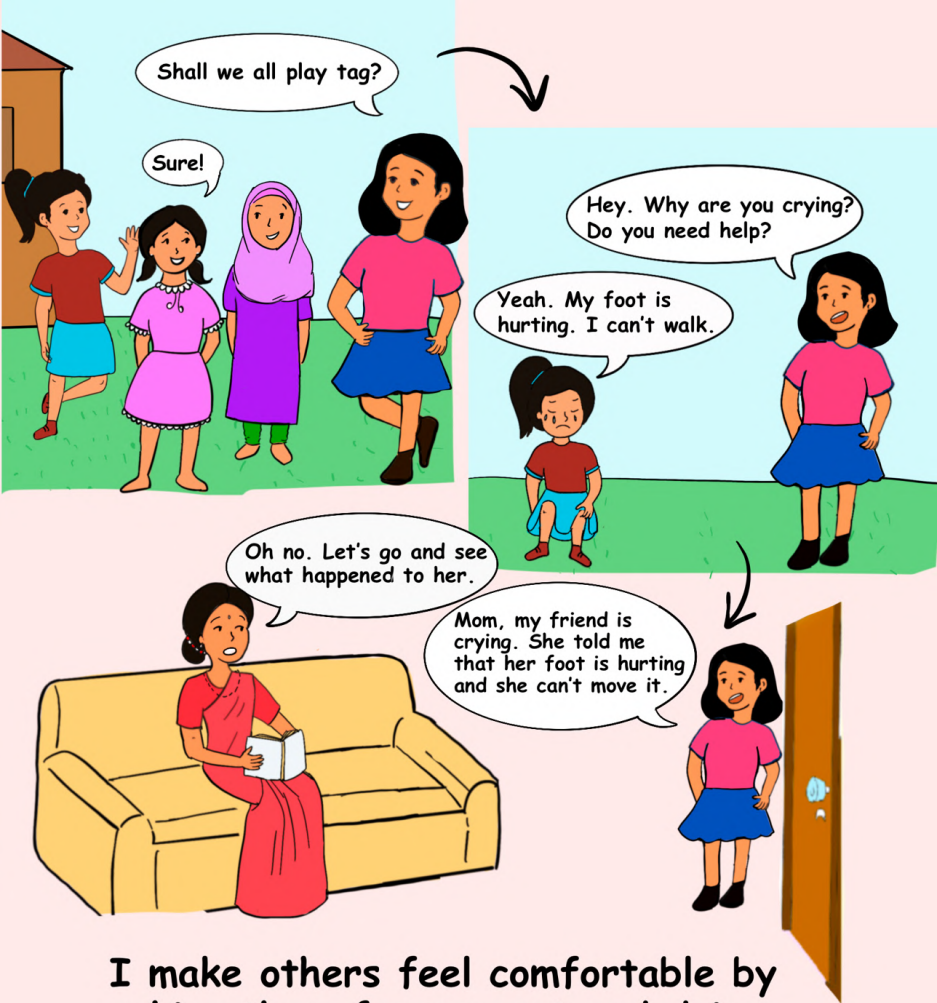
Mum allows only 30 minutes of screentime because even if it is a comfortable feeling it can affect my eyes.



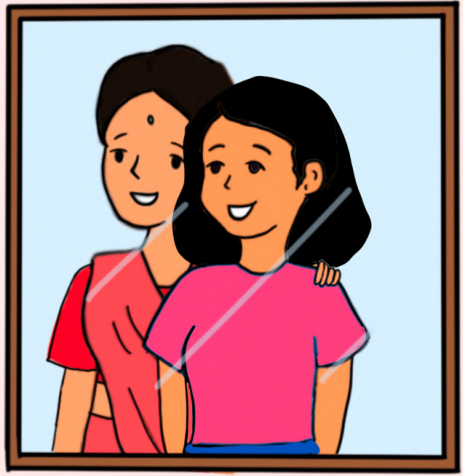
She also taught me that people outside my safe circle looking or touching my private parts is never okay even if it may not feel uncomfortable at first.



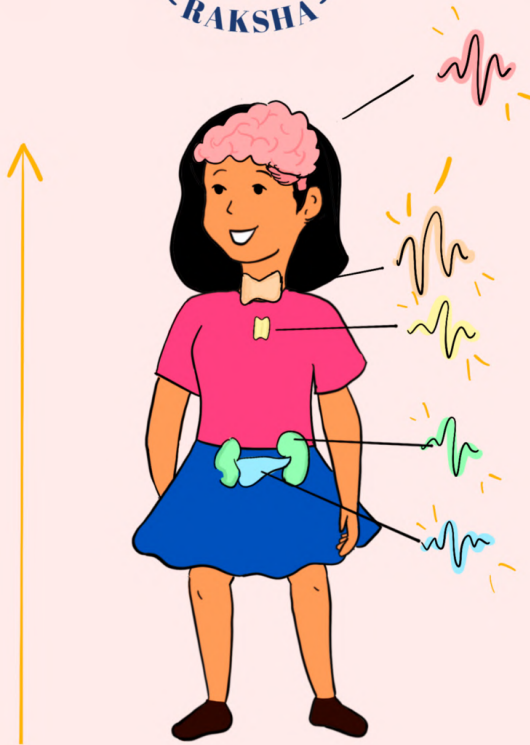
I must remember to walk away and share such incidents with my safe circle for help.



I make others feel comfortable by asking them for consent and doing various activities together. If I see someone else feel uncomfortable, I ask them if they need help. I also discuss it with my safe circle to understand the situation better.



**I love listening to my body and understanding how I feel.
Try listening to your body right now.
How do you feel?**



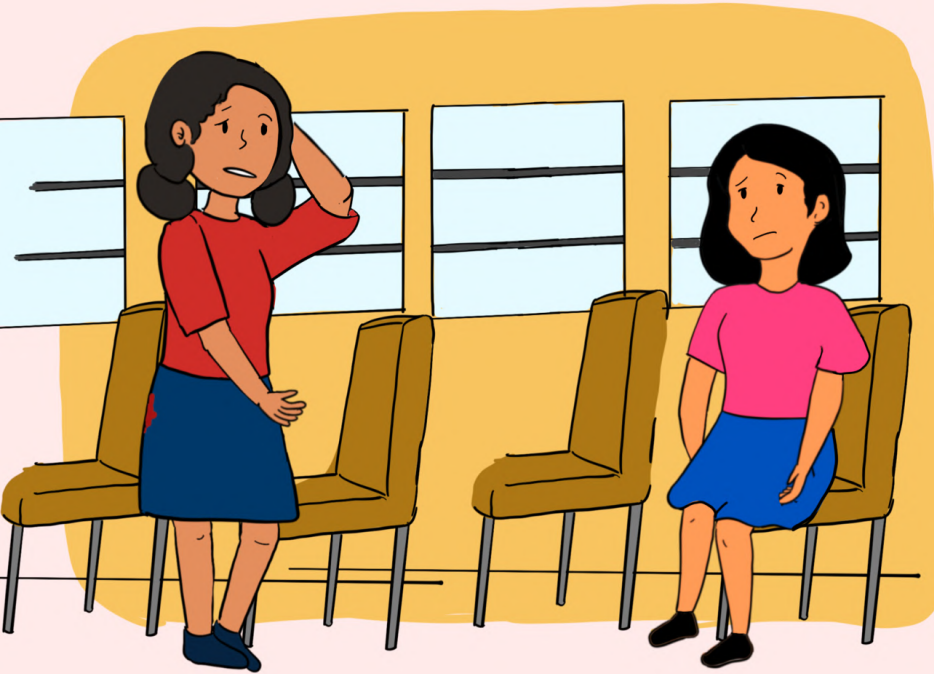
Pubertal changes: Changing bodies and needs

Girl version

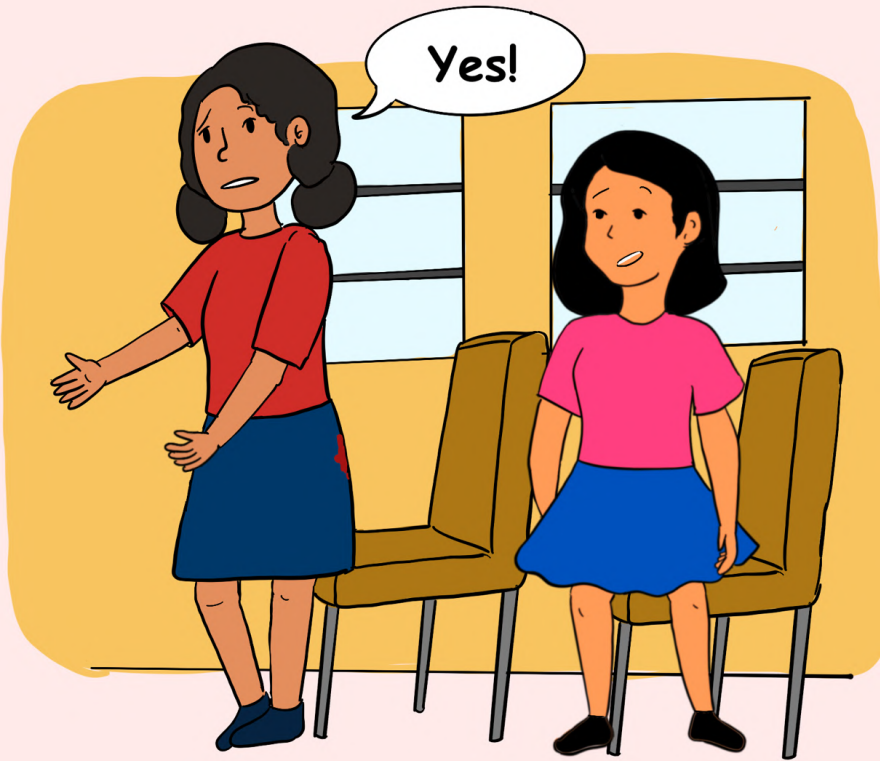
Pubertal changes: Changing bodies and needs



Hi friends! It's Tia again!



I was sitting in the school bus waiting for my friends to come. Rita didi rushed into the bus with a confused expression.



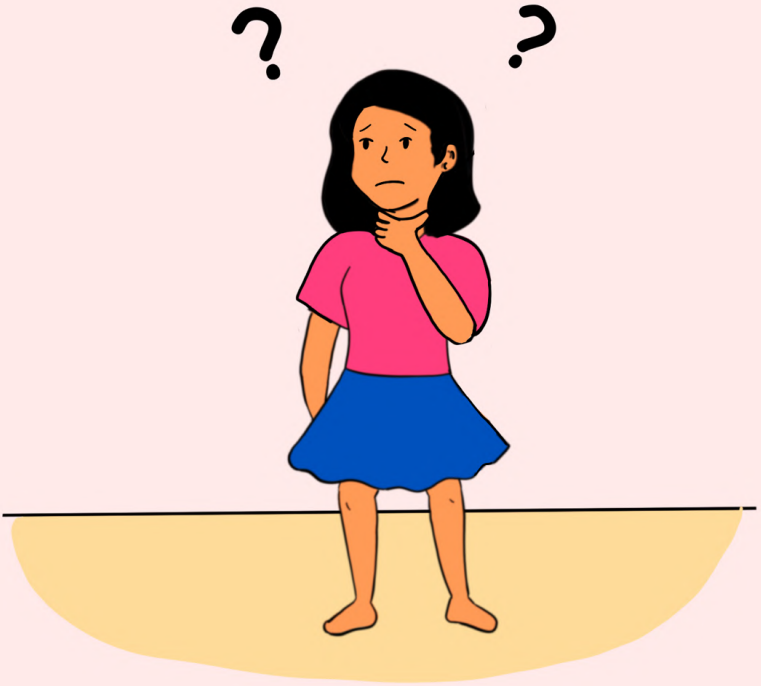
She had a big red stain on her skirt. I thought she was hurt. I asked her if she was okay. She replied with a confused "Yes!".



I asked my safe person about it. Mum calmly told me that what happened with Rita was normal. She told me that Rita didi had reached "puberty". Do you know what puberty is?



Puberty means growing up. It is when a child's body begins to grow and change as they become an adult. Puberty begins in girls when they are around 8 to 13 years of age.



So, would I reach puberty too?
What changes would happen to me?

Pubertal changes



Larger breasts



Menstruation



Body hair



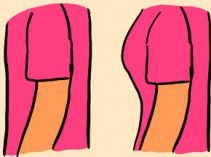
Acne



Vaginal discharge



Sweat

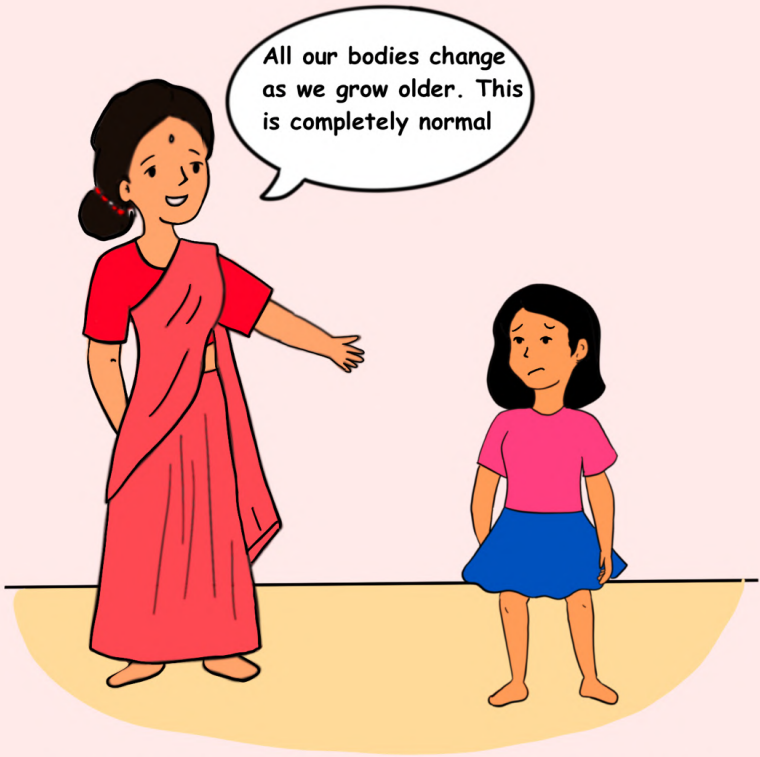


Body shape changes

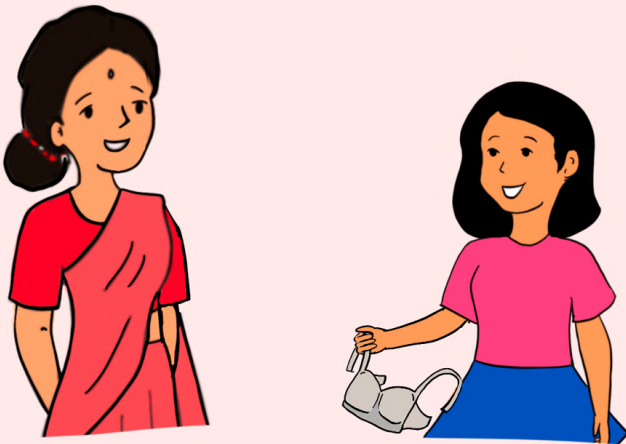


Taller & stronger

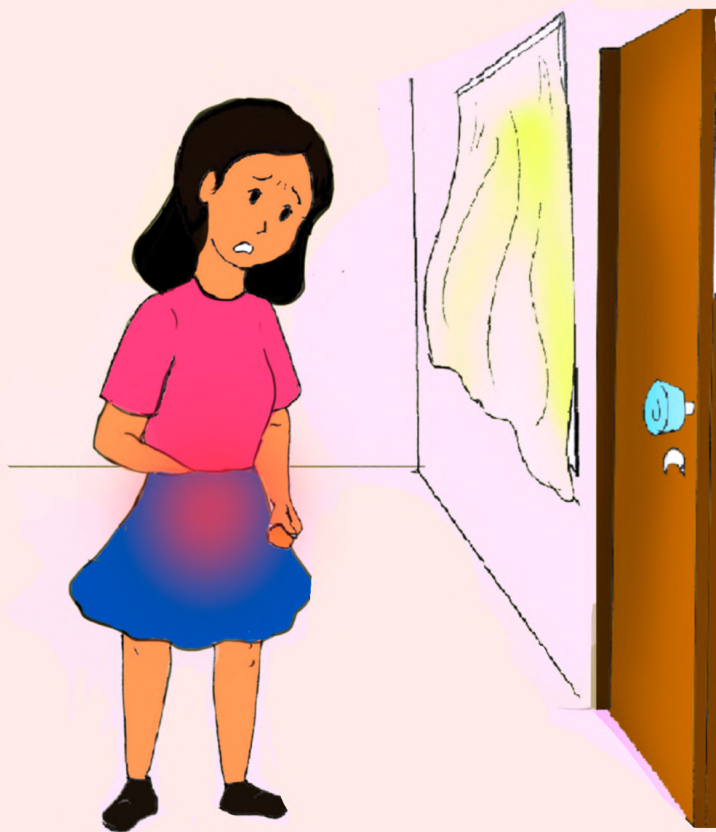
Mum said girls experience a lot of changes during puberty. Friends, did you know about all of these changes?



**I got worried about what Mum said.
So many changes!
Mum said these changes are normal.
My friends would also be going
through them. All of our bodies
change as we grow older.**



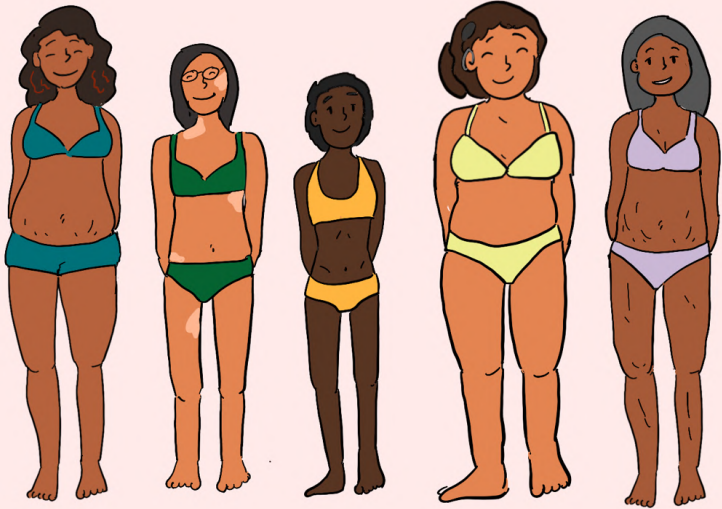
As I grow, I would need a bra. To cover my breasts and hold them. Mum helps me buy a comfortable bra from the store. Soon, I will get used to wearing a bra.



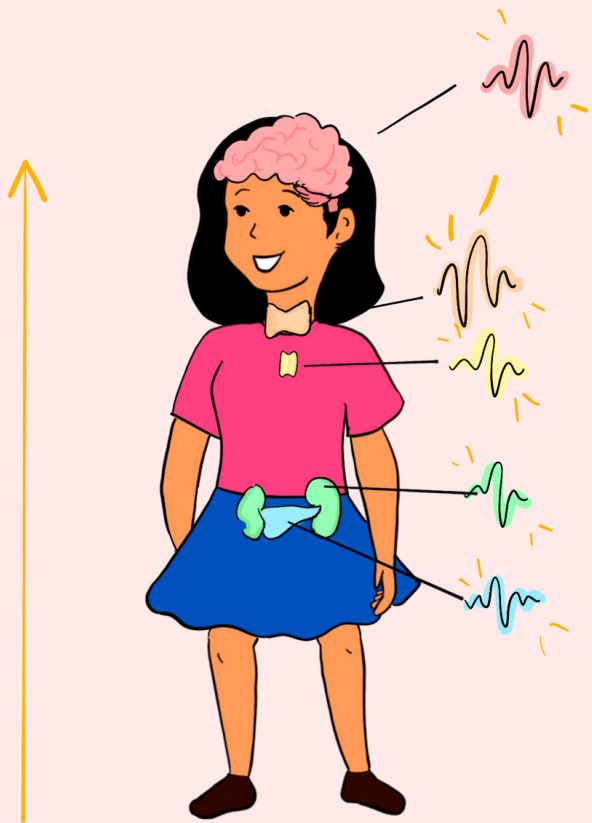
Sometimes I rub my vulva. It is a private behaviour.

Touching one's own private parts for pleasure is called masturbation.

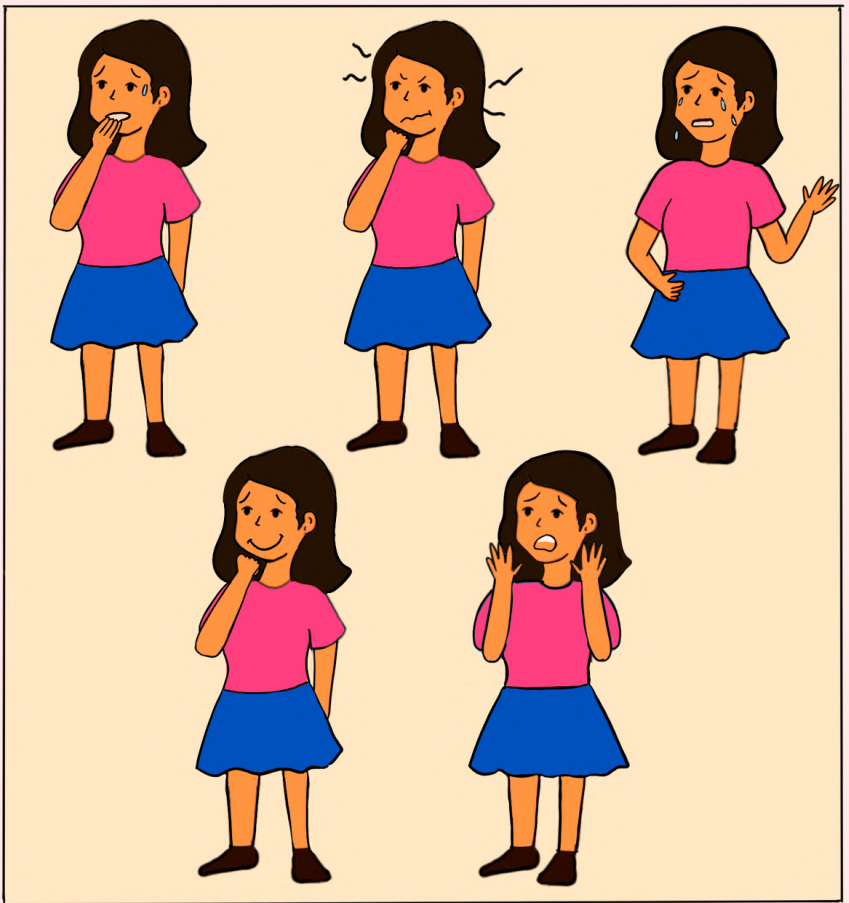
I might feel wet and just clean myself afterwards.



Bodies come in all different shapes and sizes. I must love my body and stay healthy.



Hormones are special chemicals inside our body that help it grow!



Dad says that during puberty, we might feel confused or have strong emotions that we've never felt before. We may feel anxious about how our changing body looks. We might feel too sensitive or become easily upset. All these emotions are normal to have.

Maintaining personal hygiene is very important during puberty, or we can catch infections. We can do so by following these steps-



Bathing more regularly



Using deodorants



Changing and washing our clothes regularly



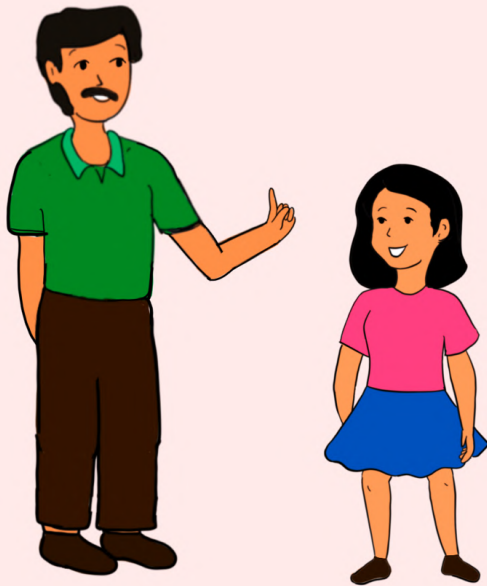
Wearing antibacterial socks



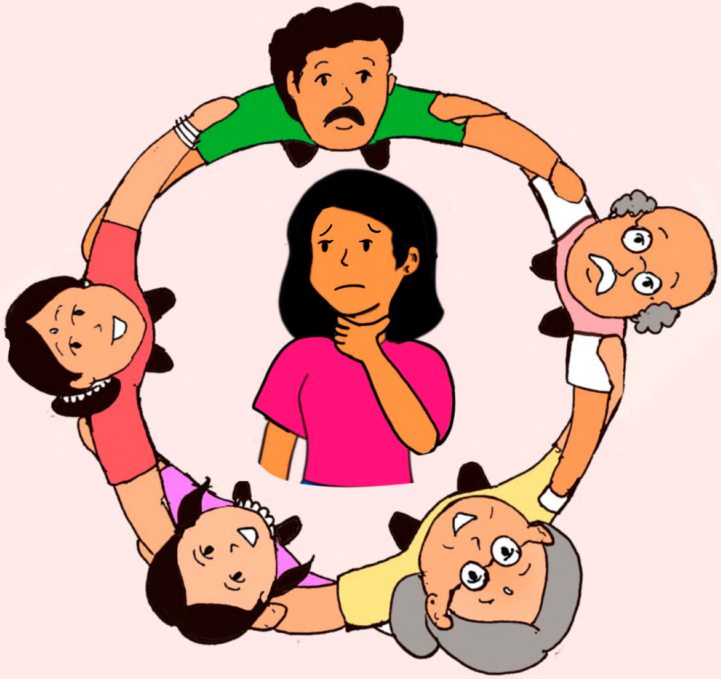
Clean vulva



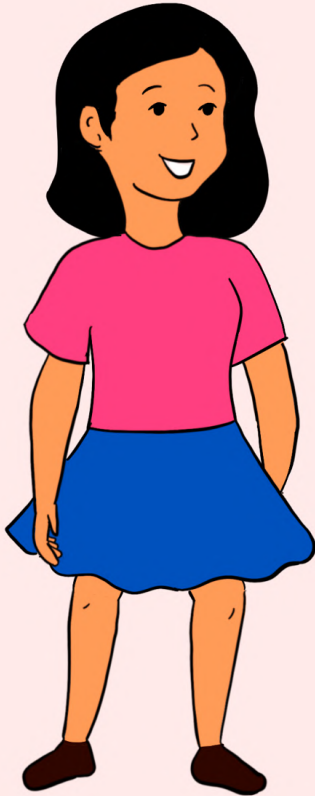
Using appropriate skincare if we have acne



Dad helps me break my hygiene tasks into small steps. It is easier for me to learn them now. I like taking care of my hygiene each day.



It's okay to feel scared, I can always go and talk to my safe circle about anything. No matter how embarrassing it might be!



I love learning and doing my best for my body. Friends, I am ready to face any changes that puberty brings. Are you?



Menstruation and related care

Girl version

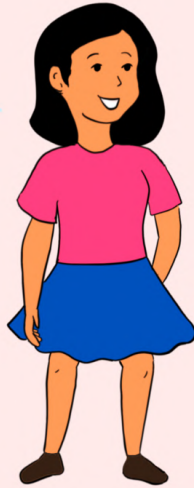
Menstruation and related care



Hi friends, I am Tia.

This is a picture of baby Tia.

I am taller and stronger than when I was a baby. I have a full set of teeth and longer hair now.



I am a girl and Adi is a boy.
As we grow older our bodies change.
These changes are not the same for
boys and girls.

- **Grow breasts**
- **Hips widen**
- **Body hair**
- **Periods**

In the next few years, my breasts and my hips will grow. I will get my periods too.



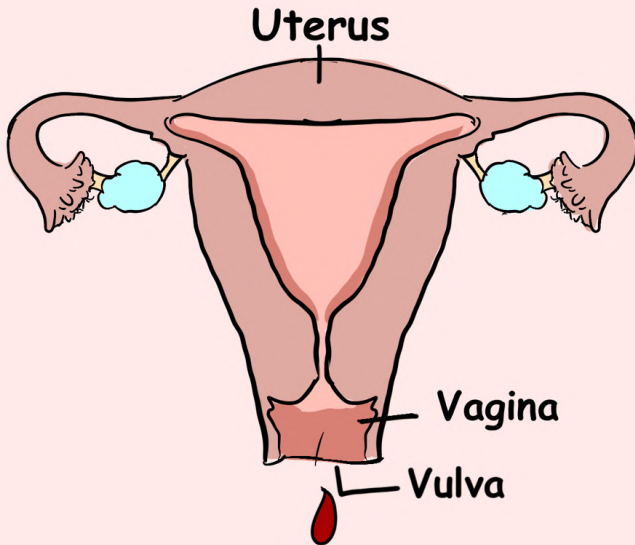
Rita Didi had a red stain on her skirt and I thought she was hurt. Mum told me not to worry because it was just her period blood.

Periods coming soon

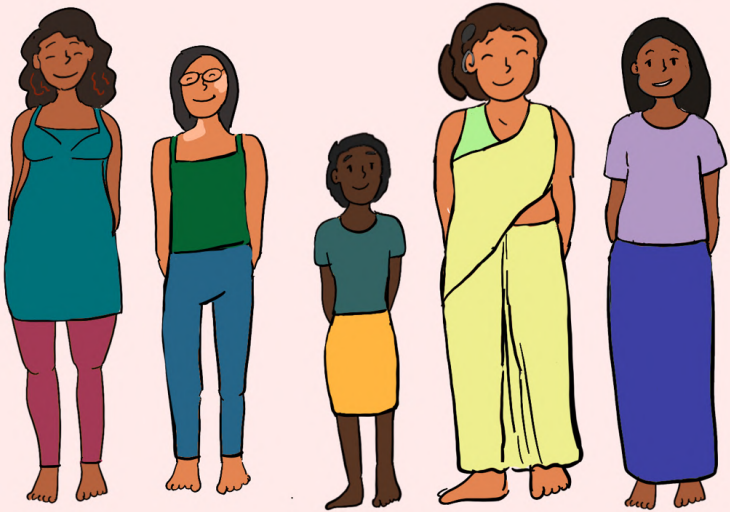


Mum said I could get my first period any time between my 11th and 15th birthday.

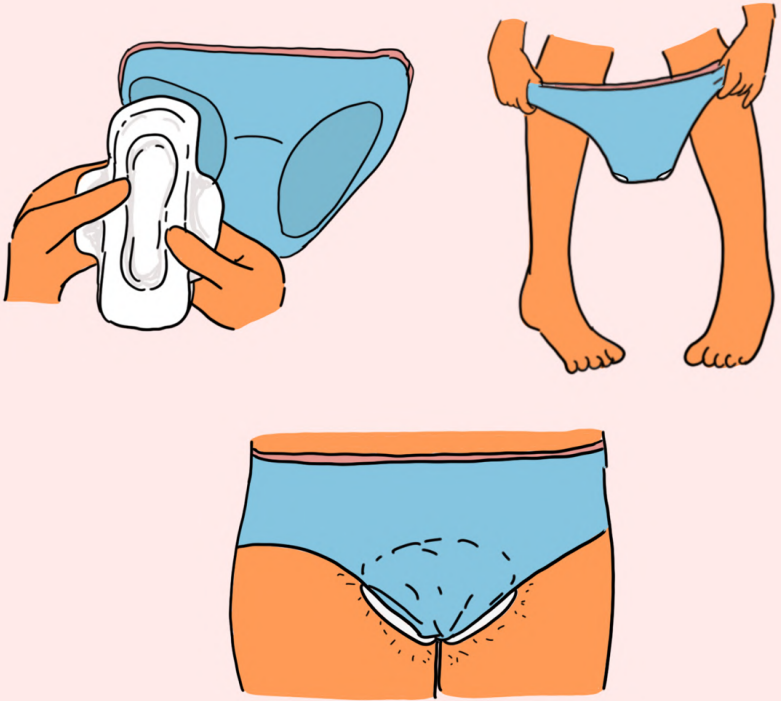
Have you had your period yet?



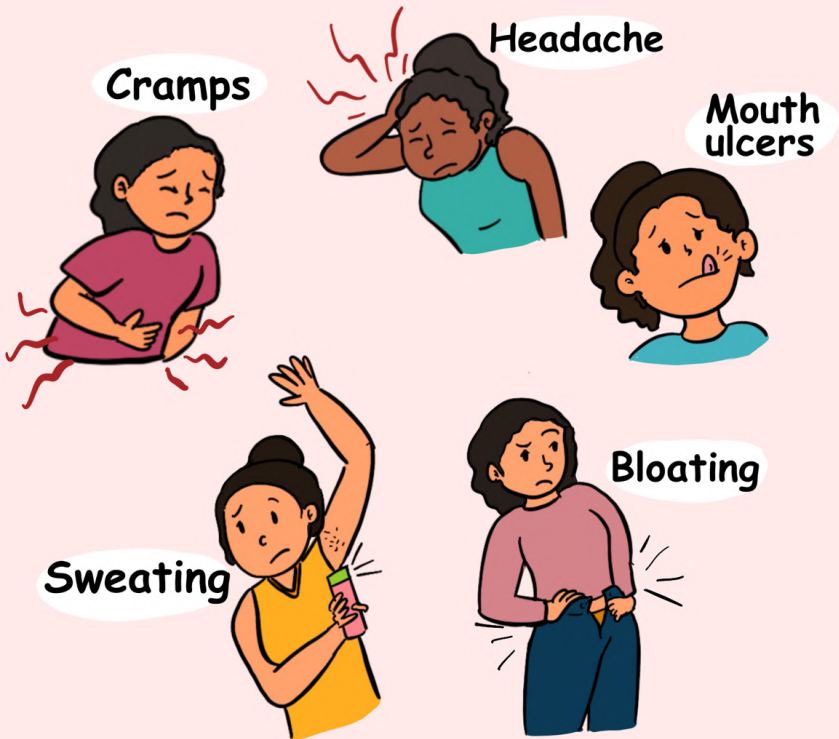
When you are on your period, menstrual blood flows through your vagina out the vulva.



It sounds scary and messy but it is a healthy thing to happen to a girl. All the females like Mum, Aunties and older cousins have their period after puberty.



You can use a pad on your underwear to absorb the blood.



Mum says everybody has their own period story. Before her period Mum's tummy feels sick and my aunt gets hungry a lot. You might feel tired, have body aches and other things too.

May

S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

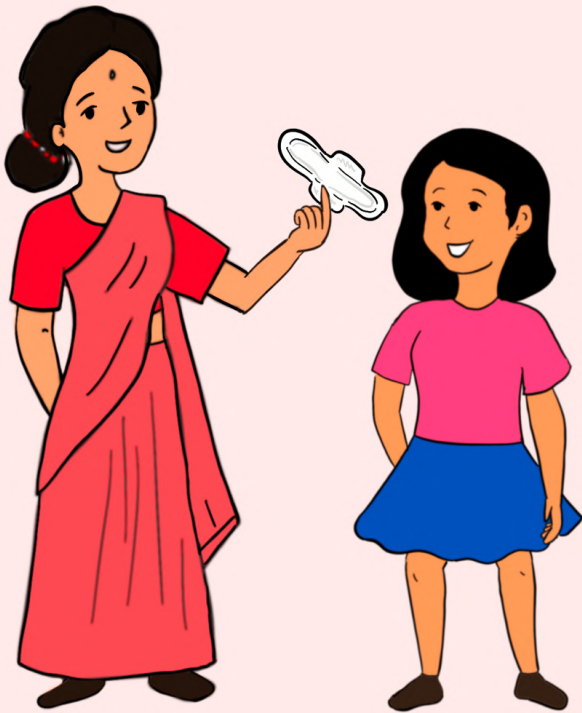
A period happens every month for 4-5 days. It marks the beginning of a menstrual cycle.



Your menstrual cycle has effects on your body and your mood. Menstrual cycle refers to hormonal changes that happen in the female body over a month.



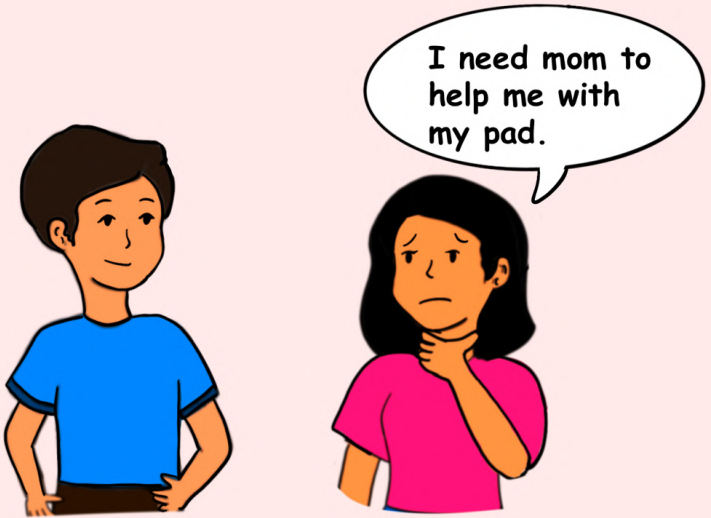
It is okay to rest and do things that help you feel better during such times. Some people might need medicine for the pain during their periods too.



It is okay to talk to your safe circle about periods. They can help you find a pad, teach you how to wear it and take care of you if you feel sick.



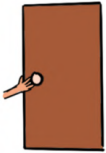
It is a good idea to always carry a pad in your bag.



If you are in a public place or there is no safe person around you, you can call for help.

What are ways you use to contact your safe person when they are not around?

Changing a pad



Go to
bathroom



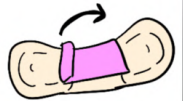
Remove
full pad



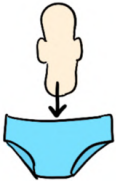
Roll it



Open
new pad



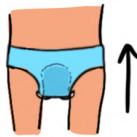
Remove
sticky strip



Put in
underwear



Stick down
wings



Pull up
underwear



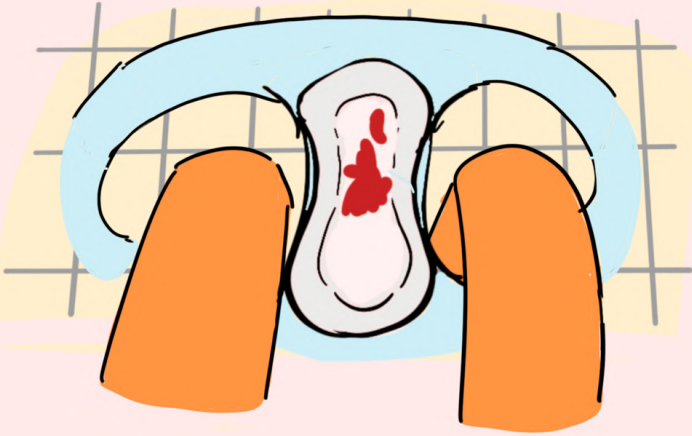
Put old pad
in dustbin



Wash
hands

Pads need to change every 6-8 hours or when they feel full, heavy, or sticky.

PRIVATE



Changing a pad is a private activity so only your safe circle can help you with it.

Once you have a clean pad on, you can continue with your daily chores.

Pad



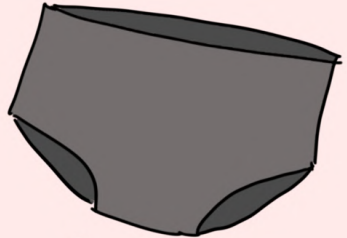
Tampon



**Menstrual
cup**

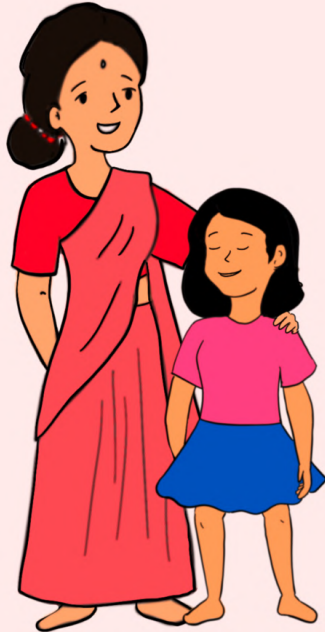


**Menstrual
cup**



**Period
panty**

There are many other menstrual care products that can be used. It is best to ask our doctor before trying something new out.



**My Mum is going to be my safe person
for when I need help during my
periods.**

Who is going to be yours?



4 months



5 months



6 months



7 months



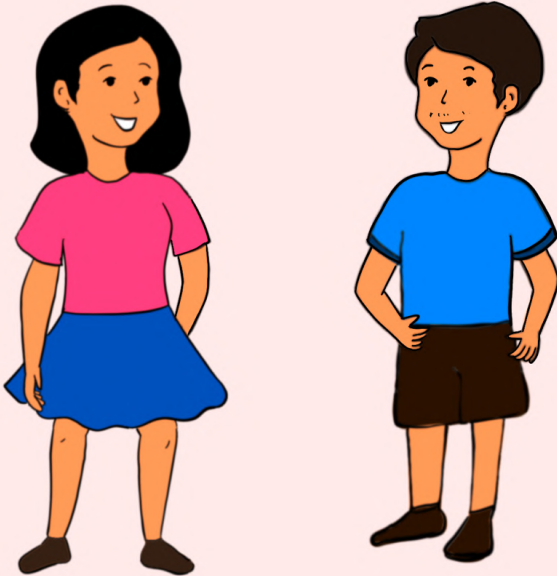
8 months



9 months

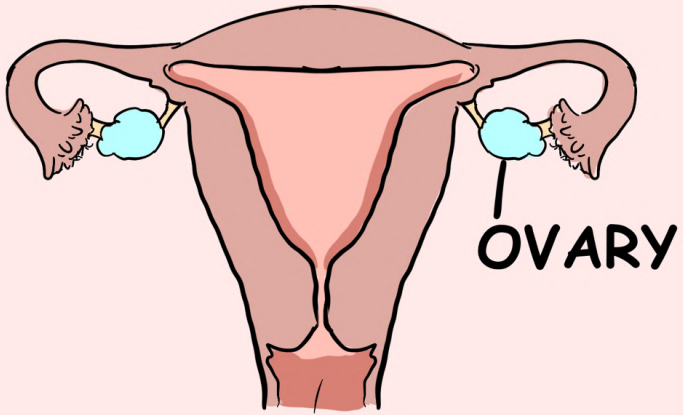
Reproduction: Where do babies come from?

**Reproduction:
Where do
babies come
from?**

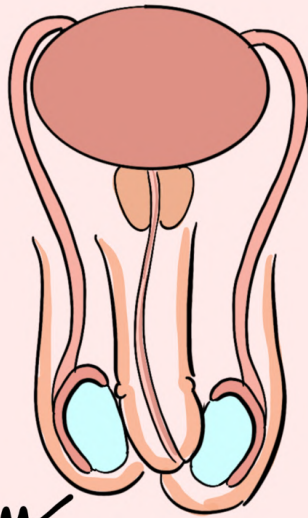


Our private parts help us with private behaviors like passing urine and pooping.

After puberty our bodies learn to do new things like having a period or getting erections.

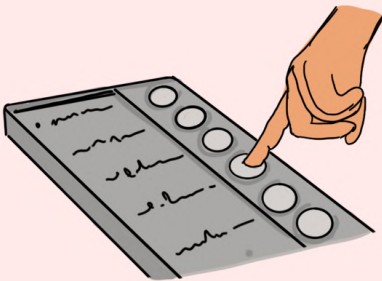


For girls, ovaries inside the body make one egg every month.

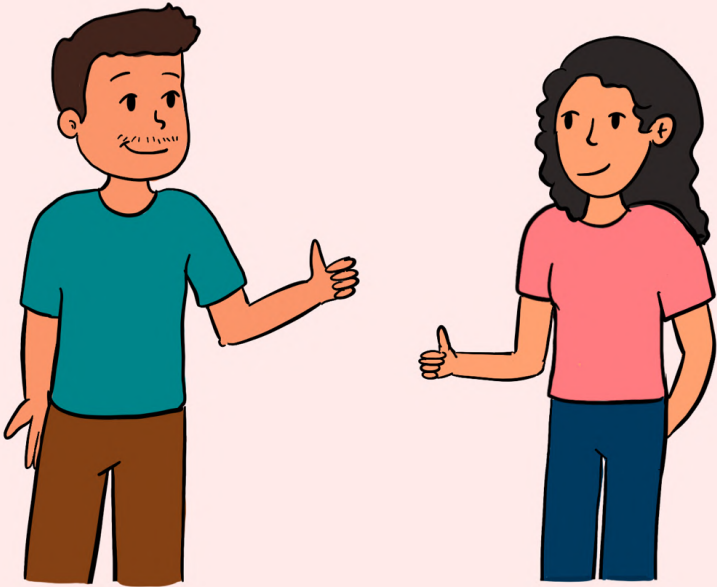


SCROTUM /

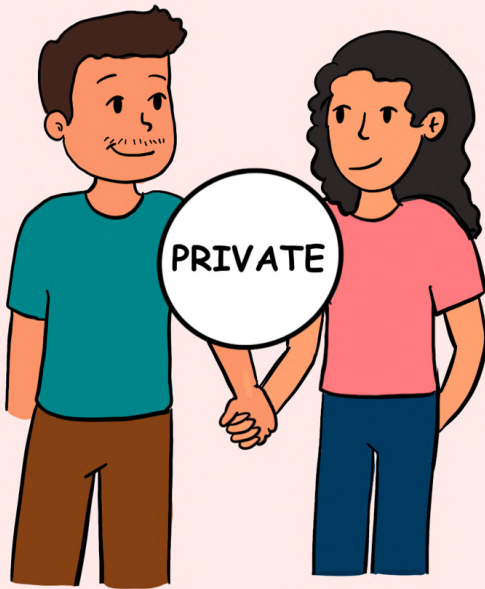
For boys, the testes make sperms and the scrotum keeps them safe.



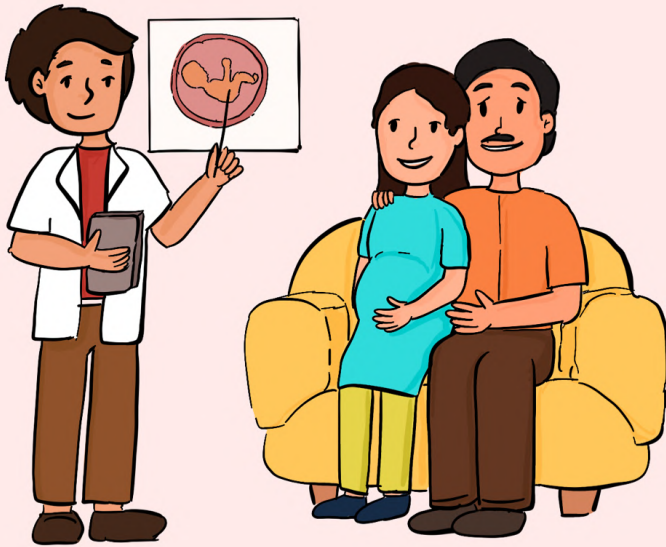
After your 18th birthday, you become an adult. Adults can do grown up things like driving a car, working at an office, or even vote.



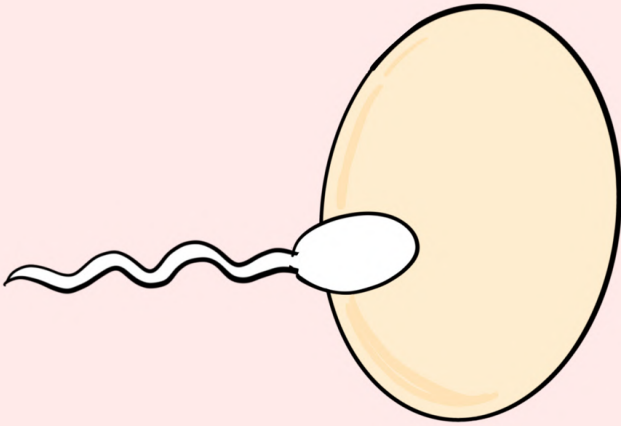
Adults hug, kiss, touch, and perform sexual behaviors to show affection towards another adult or to feel good. Taking permission from their adult partner is important.



Sex is a private behavior only for adults. It is a natural and healthy part of adult life.



Doctors can help adults with questions related to making a baby or having sex.



If a sperm from a man meets an egg in the woman's body, a baby is made. Adults can choose whether or not to have a baby.



Only adults with uteruses can carry a baby inside their belly. This is called pregnancy.



4 months



5 months



6 months



7 months



8 months

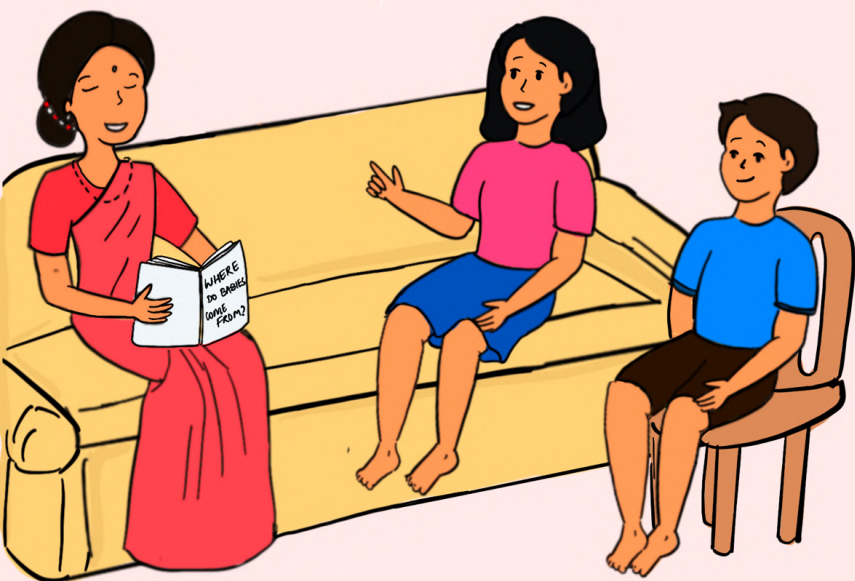


9 months

During pregnancy, the baby grows for 9 months. When babies are born, they come out of the mother's uterus through the vagina or cut made to the abdomen and uterus. Babies are tiny and need gentle care when they are born.



Some families use help from a doctor and other adults to bring a baby home. This can be through procedures like IVF, surrogacy or adoption. Any time a new baby comes home, the family grows.



It is okay for children to ask their safe circle any questions about sex.